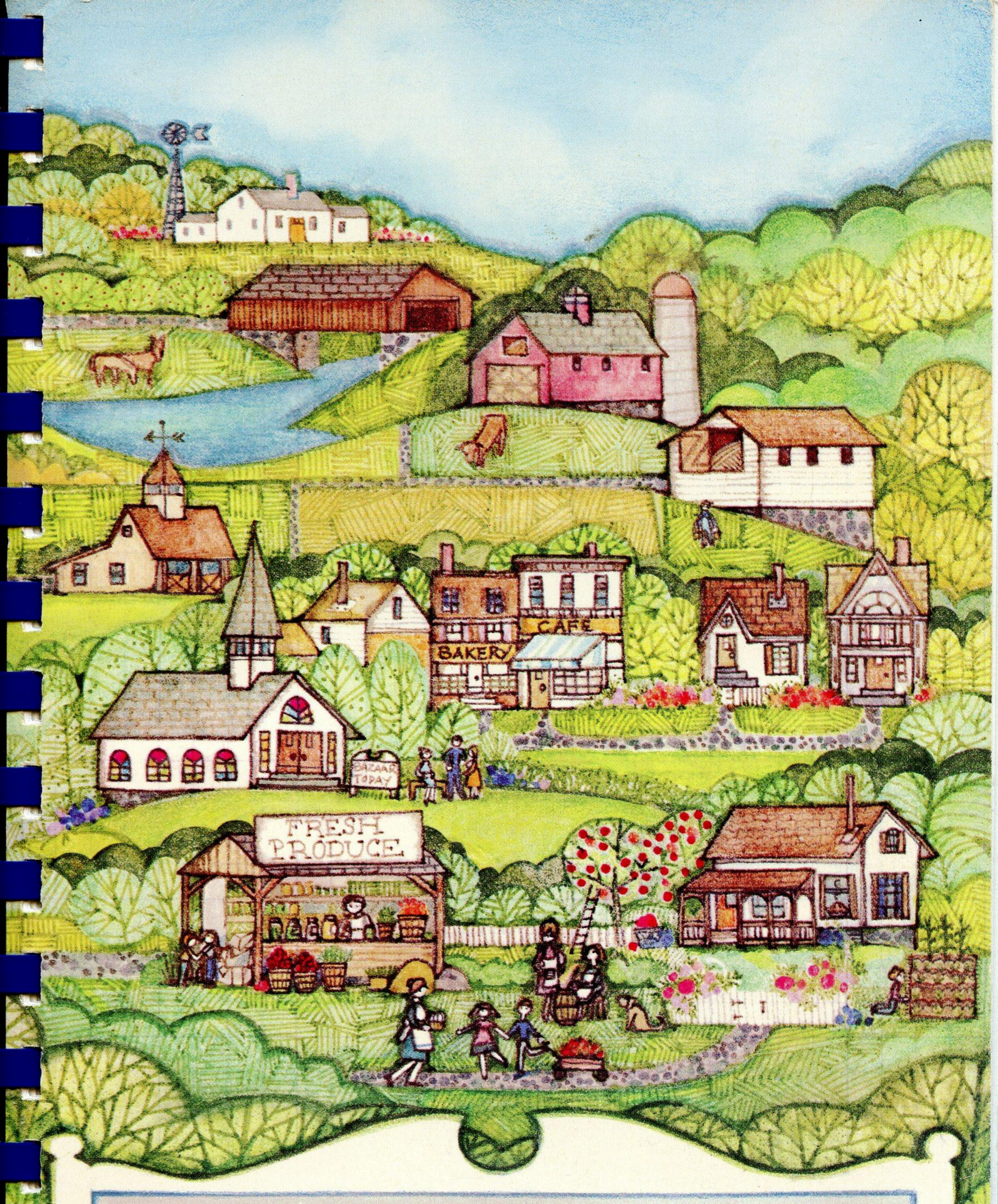

Telephone Pioneers 75th Anniversary Cookbook

Compiled by the Alexander K. McLellan Life Members

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APPETIZERS, PICKLES, RELISHES

SOUPS, SALADS, VEGETABLES

MAIN DISHES

BREADS, ROLLS, PASTRIES

To Sally:

From

[redacted]
Narragansett
R.I.
02882

1-401-[redacted]

Telephone Pioneers
75th
Anniversary Cookbook

Compiled by

The Alexander K. McLellan Chapter

Life Members

In Memory Of

Ruth E. Copeland

189-87

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COOKBOOK PUBLISHERS, INC.
2101 Kansas City Road
Olathe, Kansas 66061-1260

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Published and Printed By
Cookbook Publishers, Inc.
P.O. Box 1260
Olathe, Kansas 66061-1260

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Expression of Appreciation

Our organization wishes to sincerely express our appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

Alexander K. McLellan Chapter 40
Telephone Pioneers of America

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189-87

FAVORITE RECIPES
FROM MY COOKBOOK

Recipe Name	Page Number

Appetizers, Pickles, Relishes

A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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ZUCCHINI DILL PICKLES

12 dill heads
12 garlic cloves
10 lb. zucchini (not peeled), cut in chunks
4 qt. water
2 qt. vinegar
1½ c. salt
2 tsp. salt

Put *2* heads of dill and *2* cloves garlic in each quart jar. Wash and pack zucchini chunks into jars. Boil up water and vinegar. Add salt and alum. Pour over zucchini chunks in jars and seal. Process in water bath for 5 minutes. Makes 6 quarts.

These are ready to eat in 6 weeks.

Nancy Tyborowsla

MINI CHICKEN LEGS

12 chicken wings
2 Tbsp. butter
1 (5 oz.) bottle soy sauce
1 Tbsp. sugar
3 Tbsp. red wine
Pinch of garlic powder

Brown wings in butter. Place in 9x12 inch flat baking dish. Combine remaining ingredients. Mix well and pour over wings. Bake for 10 minutes at 325°.

Mary Elshant

DAN'S FAVORITE LIVER PATE

¼ c. (½ stick) unsalted butter
½ c. finely chopped mushrooms
½ tsp. salt
½ tsp. pepper
½ lb. liver sausage (liverwurst) (at room temperature)
1 (8 oz.) cream cheese (room temperature)

Melt butter in large skillet. Add mushrooms, salt and pepper. Saute until mushrooms are soft. Combine mushrooms, sausage and cream cheese in blender. Mix until smooth. Pack mixture in mold or small crock that holds approximately 4 cups. Refrigerate several hours (2 to 3) before serving. Serve with crackers or bread.

This can be frozen. Will keep flavor up to a month.

Mary Jane Sullivan

ARTICHOKE DIP (PUPU)

8 oz. can artichoke hearts (do not use marinated)
1 c. mayonnaise
1 (8 oz.) can Ortega chilies, diced
1 c. Parmesan cheese

Puree chilies, artichokes, mayonnaise, and cheese. Bake at 350° for 20 minutes. Serve with taco chips.

Keeps several days in refrigerator.

Mary Jane Sullivan

TUNA DIP

1 (8 oz.) pkg. cream cheese (soft)
2 Tbsp. chili sauce
2 Tbsp. snipped parsley
1 Tbsp. minced onion
1 tsp. hot sauce
2 (6 oz.) cans tuna fish, flaked

Mix all ingredients together. Refrigerate 4 to 5 hours.

Hope Murray

SWEET 'N SOUR CHICKEN WINGS

5 lb. chicken wings
½ bottle soy sauce
1 jar orange marmalade
Black pepper
Chunk pineapple and cherries (optional)

Sprinkle wings with pepper. Place in baking dish. Cook 30 minutes at 400°. Mix marmalade and soy sauce. Pour over wings. Bake at 400° for 45 minutes or until brown.

For decoration, add pineapple and cherries.

Ginny Decoste

CRABMEAT APPETIZERS

1 can crabmeat
1 jar Kraft Old English cheese
1 tsp. garlic salt
¾ stick butter or margarine
6 English muffins

Melt butter; add garlic salt and softened cheese, crabmeat, and mix well. Split muffins. Place on a cookie sheet. Spread with crab mixture. Put in freezer. When frozen, cut in quarters. Put them in plastic bag and return to freezer until ready to use. Broil 7 to 10 minutes, until bubbly. Makes 48 appetizers.

CRABMEAT APPETIZERS

1 can cream of mushroom soup
1 lb. crabmeat, picked over
¼ tsp. hot pepper sauce
16 slices white bread, toasted
¼ c. grated Parmesan cheese

Preheat broiler. In medium bowl, stir together undiluted soup, crabmeat and hot pepper sauce. Spread crab mixture over toast, covering surface completely. Arrange toast on baking sheet. Sprinkle with Parmesan cheese. Broil 4 inches from heat for 5 minutes. Cut each slice into four triangles. Serve immediately. Makes 64 appetizers, containing 30 calories each.

Doris Harrington

CRABMEAT SPREAD

1 can crabmeat
1 stick margarine
2 Tbsp. mayonnaise
1 Tbsp. season salt
1 Tbsp. garlic powder

Mix ingredients all together. Let margarine soften. Spread on English muffins. Freeze them. When you are ready for them, broil for 4 to 5 minutes.

Hope Murray

MARINATED CHICKEN WINGS

½ c. soy sauce
½ c. pineapple chunks and juice
¼ c. cooking oil
1 tsp. dry mustard
1 Tbsp. brown sugar
2 tsp. ground ginger
½ tsp. garlic salt
½ tsp. garlic powder
¼ tsp. pepper
2 Tbsp. honey

Simmer the preceding ingredients for 5 minutes, then cool. Pour over chicken wings and let marinate for at least 1 hour. Bake at 325° approximately 30 minutes to 1 hour, until real brown.

The preceding marinade is enough for about 5 pounds of chicken wings. To prepare the wings, cut out the tips and discard; cut the remainder in halves at the joint.

Nancy Turano

MARINATED MUSHROOMS

1 lb. small mushrooms
½ tsp. salt
¼ tsp. pepper
1 Tbsp. oregano
⅔ c. vinegar
1 c. oil
1 small Bermuda onion, sliced
½ Tbsp. garlic salt
½ Tbsp. basil
1 tsp. parsley

Wash mushrooms and slice. Add the rest and let it set.

Jackie Beauregard

HOT CLAM DIP-SPREAD

2 cans minced clams, with juice
Juice of 1 lemon
1 medium onion, chopped
½ green pepper, chopped
¼ c. butter
1 clove garlic
1 tsp. parsley
1 tsp. oregano
½ tsp. cayenne pepper
1 scant c. bread crumbs
Cheddar cheese
Parmesan cheese
Paprika

Simmer clams and the juice with the juice of 1 lemon for 15 minutes. Cook together until soft the onion, green pepper, butter, garlic, parsley, oregano, and cayenne pepper. Mix all ingredients together. Add bread crumbs. Put into small baking dish and dot with Cheddar cheese. Sprinkle with Parmesan and paprika. Bake 35 minutes at 325°, until brown on top. *Great with crackers.*

Viola Millar

SPINACH ROLL

2 pkg. fresh spinach or 2 (10 oz.) pkg. frozen
1 lb. Italian sausage (hot or sweet)
¼ c. grated cheese (Parmesan)
4 cloves garlic, chopped
8 oz. black olives, chopped
2 lb. bread dough (let rise until doubled in bulk)

Cook spinach and drain. Remove casings from sausage. Cook in large frying pan until done. If you have a food processor, put sausage in processor with garlic and olives and process about 30 seconds (don't puree); put in bowl. Chop spinach in same manner. Add cheese. Mix with sausage. Divide dough and roll out 1 section the size of jelly roll pan. Spread half of mixture and roll up. Secure ends. Repeat with other half. Oil and flour jelly roll pan. Place 2 rolls on pan. Oil tops of rolls. Bake at 400° for 15 to 20 minutes. Slice and serve as appetizer or as snack.

Nancy Tyborowski

SPINACH SQUARES

4 Tbsp. butter (or margarine)
3 large eggs, beaten
2½ c. Cheddar cheese, shredded
1 (10 oz.) pkg. frozen spinach, defrosted and drained thoroughly (broccoli may be used)
1 c. milk
1 tsp. salt
1 tsp. baking powder
2 Tbsp. chopped onion flakes
1 c. flour
½ c. chopped mushrooms (optional)

In 9x13 inch pan, melt butter in 350° oven. Beat eggs and add milk. Add other ingredients. Add butter. Use same pan. Pour in mixture and spread to even batter. Bake at 350° for 35 minutes or until butter knife cuts through clean. Cool and cut into squares. May be served warm or at room temperature.

Makes a good appetizer.

Shirley Whiteside

DILL DIP

1 pt. sour cream
1 c. mayonnaise
2 Tbsp. chopped parsley
2 Tbsp. minced onion
2 tsp. seasoned salt
2 tsp. dill weed

Mix all ingredients together. Put in refrigerator for 6 hours. Goes well with raw vegetables or cooked vegetables or fish.

Doris Harrington

ASPARAGUS HORS D'OEUVRES

3 oz. Blue cheese, Parmesan, or your favorite (at room temperature)
8 oz. cream cheese (room temperature)
1 egg, lightly beaten
20 slices thin white bread
2 (8½ oz.) Green Giant asparagus spears
1 c. melted butter

Blend cheeses and egg. Trim crusts from bread and flatten each piece with rolling pin. Spread cheese mixture over each piece. Place an asparagus spear on each slice and roll jelly roll fashion. Secure with 3 toothpicks. Dip into melted butter and

freeze on cookie sheet. When frozen, cut into 3 sections. Keep frozen until ready to use. Place on cookie sheet. Bake at 400° for 15 minutes or until lightly browned. Makes 5 dozen.

Ruth C. Babin

ETTA'S ZUCCHINI SQUARES

3 c. unpeeled, chopped zucchini
1 c. Bisquick
½ c. chopped onion
½ c. grated cheese
2 Tbsp. parsley
½ tsp. salt (optional)
½ tsp. garlic powder
Dash of oregano
Dash of pepper
1 clove garlic, minced
½ c. oil
4 eggs

Mix Bisquick, eggs, oil, and cheese. Add spices, onion, garlic, and parsley. Add all to zucchini. Bake in greased 9x12 inch pan for 30 minutes at 350°. Cool and cut into squares. *Very good.*

Notes

Soups, Salads, Vegetables

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	⅓ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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CHINESE CORN CRAB SOUP

1½ Tbsp. corn starch
14 oz. chicken broth
1 can water
8 oz. can creamed corn (may be blended, if desired)
7½ oz. can crabmeat
1 Tbsp. sherry

Dissolve corn starch in 3 tablespoons water and set aside. Combine chicken broth and can of water; bring to boil. Add creamed corn and return to boil. Add dissolved corn starch; simmer 1 minute. Reserve crabmeat claws for garnish. The rest of crabmeat, add to soup with the sherry. Let set to cool a little. Garnish with claws. Makes 4 or 5 cups. Contains 100 calories per serving.

Authentic Vancouver B.C. Chinatown restaurant (UV)

Barbara Taylor

SPLIT PEA SOUP

1 lb. green split peas
2 qt. cold water
2 lb. ham hocks
¾ c. minced onions
1 c. diced celery
1 c. diced carrots
Salt and pepper to taste

Cover peas with water. Soak overnight. Add ham bone and onion. Bring to a boil. Reduce heat, cover and simmer 1½ hours. Stir occasionally. Remove ham hocks and cut off meat and dice. Return meat to soup. Add remaining ingredients. Simmer, uncovered, 30 to 40 minutes. Season to taste. Yields 6 servings.

Mary B. Schneider

CLAM CHOWDER

3 (2 inch) slices salt pork
1 large onion
2 c. water
2 c. diced potatoes
1 can tomato soup
1 qt. quahogs or minced clams

Brown salt pork and onion. When golden brown, add water and potatoes. Cook until potatoes are done. Add tomato soup. Bring to boil. Add quahogs and cook for 5 minutes more. *Delicious!*

John Fogarty

CREAM OF MUSHROOM SOUP

12 oz. fresh mushrooms
2 c. water
2 c. chicken stock
½ c. onion, chopped
¼ c. butter
1 pt. milk
½ pt. cream
2 Tbsp. flour
Pepper
Salt
Paprika
Parsley, chopped

Peel mushrooms; remove stems. Reserve peels and stems. Chop or slice mushrooms thinly and saute in 3 tablespoons butter. Simmer mushroom peels, stems, and onions in 2 cups water. Melt remaining butter. Add flour. Stir and add milk to make white sauce. Stir all together. Simmer and season to taste.

Ethel Davis

TOMATO SEAFOOD SALAD

1 env. gelatin
¼ c. cold water
1 can tomato soup
3 pkg. cream cheese
1 c. mayonnaise
1 finely chopped celery
1 green pepper, chopped
1 c. crabmeat or other cooked fish
1 chopped onion, if desired

Dissolve gelatin in water and set aside. Bring soup to boil and add cream cheese. Stir constantly until thoroughly blended. Remove from fire. Add gelatin. When partly thickened, add other ingredients. Pour into mold and chill.

Gloria Buckett

PINEAPPLE CARROT SALAD

1 pkg. lemon or lime jello
1 c. boiling water
1 can crushed pineapple
2 Tbsp. brown sugar
3 or 4 carrots, shredded

Dissolve jello in boiling water. Add crushed pineapple, 2 tablespoons brown sugar and shredded carrots. Mix and pour into mold.

Gloria Buckett

BEET SALAD

1 can beets
1 (3 oz.) pkg. lemon jello
¼ c. sugar
¼ c. vinegar
1 Tbsp. horseradish

Drain beets and slice. Save the juice. Add enough water to make 1½ cups. Boil; add jello and sugar. Stir until dissolved. Add vinegar and horseradish and beets. Pour into a mold.

M. Deborah Hoxsie

ITALIAN RICE SALAD

1 box rice pilaf
½ c. Italian salad dressing
½ c. chopped onion
1 box frozen peas, cooked
½ c. sliced ripe olives
¼ c. chopped pimentos

Cook rice according to package directions. Add salad dressing and onions. Cool. Mix in remaining ingredients. Chill.

CANDLE LIGHT SALAD

Lettuce
Sliced pineapple
Banana
Maraschino cherries
Salad dressing
Chopped nuts

Put lettuce leaf on a small plate. Put on a slice of pineapple. Cut a small banana in half. Stand in center of pineapple. Place a maraschino cherry on end of banana. Add salad dressing. Sprinkle a few nuts over lettuce and pineapple.

Ruth Copeland

SUPER SUNSHINE SALAD

1 env. unflavored gelatin
¼ c. cold orange juice
¾ c. boiling orange juice
¼ c. sugar (optional)
⅛ tsp. salt (optional)
1 c. grated raw carrot
1 small can crushed pineapple, with juice

Soften gelatin in cold juice. Add boiling juice (heated in microwave, if desired), sugar and salt. Stir to dissolve. Let cool. Add undrained pineapple and carrot. Refrigerate. Makes 6 or more servings.

Doris Harrington

IMPRESSIVE CHEESE SOUFFLE
(A replacement for potatoes)

6 to 8 slices (about) white bread, crusts removed
2 c. milk
3 c. Cheddar, grated
¼ to ½ (about) tsp. mustard
½ to ¾ tsp. salt
Dash of pepper
2 eggs

Blend all ingredients except bread and cheese. Butter a casserole and put in ½ of bread covered by half of Cheddar. Add remaining bread and top with remaining Cheddar. Pour milk and egg mixture over all. Bake 30 to 40 minutes at 400°. Serve immediately. *Raves guaranteed.*

Beverly K. Harter

SPECIAL ZUCCHINI

2 or 3 medium zucchini
2 or 3 potatoes
1 c. string beans
1 cut up pepper (optional)
3 stalks celery
3 medium onions
Minced garlic (optional)
2 or 3 chopped carrots
Olive oil
1 Tbsp. tomato paste (optional)
Water

Cube squash, celery, potatoes, and onions; cut string beans to desired length. Put olive oil in pan (3 or 5 ounces). Allow oil to get hot. Put in ingredients in pan. Add water to cover the top of vegetables and cook. If redness desired, put 1 tablespoon of tomato paste with water when adding water and paste. Take pan off burner, then return to original burner. If low on water, add more. Cook at least 25 minutes. Season to taste.

POTATOES A LA O'BRIEN
(Old family recipe)

Large baking potatoes **Vegetable oil**

Scrub large baking potatoes. Cut in halves. Do not peel. Scoop out most of middle portion until only about ½ of potato is left lining the skin. Rub skins with vegetable oil and bake in very hot oven at 450° until brown and crispy.

Mary B. Schneider

BUFFET CARROTS AND CHEESE

1 small onion, diced
1 c. butter
¼ c. flour
2 c. milk
1 tsp. salt
¼ tsp. celery salt
12 sliced carrots, cooked
½ lb. grated cheese (sharp)
2 c. buttered bread crumbs

Saute onion in butter until tender. Add flour, seasonings, and milk. Cook until thick. Parboil carrots 10 minutes. In buttered 2 quart casserole, arrange a layer of carrots and a layer of cheese. Pour sauce over all. Top with crumbs. Bake, uncovered, 25 minutes at 350°.

Viola Millar

CRANBERRY NUT MOLD

1 env. Knox gelatine
2 Tbsp. sugar
¼ tsp. salt
1 c. water
½ c. mayonnaise
2 Tbsp. lemon juice
1 tsp. lemon rind, grated
1 lb. whole cranberry sauce
½ c. chopped apple, orange, or pineapple tidbits
¼ c. nuts

Mix gelatine, sugar, salt, and cranberry sauce in small saucepan. Add water. Stir constantly over low heat until gelatin has dissolved. Remove from heat. Add mayonnaise, lemon juice, and lemon rind. Blend with beater. Pour into refrigerator tray and quick chill 5 to 10 minutes, until firm with soft center. Beat until fluffy. Fold in remaining ingredients. Pour into mold and chill until firm.

Gladys Walsh

BAKED GARLIC POTATOES

Wash and cut potatoes with skins on, like an orange. Dip in oil, salt and pepper, garlic salt, and grated cheese. Bake 30 minutes for 1 hour. Best laid out on tin foil. You can use paprika. 400°

Jackie Beauregard

SWEET POTATO AND PINEAPPLE CASSEROLE

2 (1 lb. 1 oz.) cans vacuum packed sweet potatoes (undrained)
1 (8¾ oz.) can crushed pineapple (undrained)
⅛ tsp. nutmeg
½ tsp. salt
2 Tbsp. light brown sugar
¼ c. butter or margarine, melted

Crunchy Topping:

⅓ c. light brown sugar, firmly packed
½ c. butter or margarine, melted
2 c. corn flakes

Preheat oven to 325°F. Turn potatoes into a large bowl. Mash smoothly. Add pineapple, nutmeg, salt, 2 tablespoons sugar, and ¼ cup butter. Mix with fork until well combined. Turn into a 1½ quart casserole, spreading evenly.

Make Crunchy Topping: In medium bowl, mix sugar with butter. Add corn flakes and toss until cereal is well coated. Sprinkle evenly over sweet potato mixture. Bake, uncovered, 40 minutes or until brown and crisp. Serves 8 to 10.

Ginger Cookson

STUFFED ZUCCHINI SQUASH

6 medium size zucchini
3 c. soft bread crumbs
½ c. grated Parmesan cheese
1 small onion, minced
3 Tbsp. minced parsley or parsley flakes
1 tsp. salt
⅛ tsp. pepper
2 beaten eggs
2 Tbsp. butter

Wash zucchini; cut off ends. Don't pare. Cook in boiling, salted water 5 minutes. Halve lengthwise. Remove pulp with spoon. Combine with bread crumbs, cheese, onion, parsley, salt, pepper, and eggs. Fill zucchini shells. Dot with butter and sprinkle with additional cheese. Bake in moderate oven (350°) for 30 minutes. Serves 6.

Marion Bottomley

MUSHROOM-STUFFED EGGPLANT

1 medium eggplant (1½ to 2 lb.)
1 (4½ oz.) jar sliced mushrooms, drained
¼ c. all-purpose flour
¼ c. butter
2 Tbsp. finely chopped green pepper
2 Tbsp. finely chopped onion
1 clove garlic, crushed
1 tsp. salt
⅛ tsp. pepper
¼ c. light cream
1 (2 oz.) jar chopped, drained pimiento
1 Tbsp. grated Parmesan or 2 Tbsp. buttered bread crumbs

Heat oven to 350°. Wash eggplant. Cut a large slice lengthwise. Remove and cube enough eggplant from shell to measure 3 cups.

In large skillet, stir all ingredients, except cream, pimiento, and Parmesan cheese. Cook and stir over medium heat till mixture is brown. Remove from heat. Stir in cream and pimiento. Fill eggplant shell with mixture. Sprinkle Parmesan cheese. Bake 40 to 45 minutes or until eggplant is tender. Makes 4 to 6 servings.

Beverly K. Harter

COLCANNON

3 c. chopped kale
4 medium potatoes
6 green onions, chopped
⅓ c. milk
2 Tbsp. butter
Sprig parsley
Salt and pepper to taste

Cube potatoes and boil until tender. (Reserve water for baking.) Preheat oven to 400°. Stir kale and onions in heavy pan over medium heat for 5 minutes. The water that clings to kale is sufficient moisture for cooking. Mash potatoes with milk and butter. Combine with kale, onions, parsley, salt, and pepper. Bake for 15 to 20 minutes. Serves 4 to 6.

Doris Harrington

COPPER CARROT PENNIES

2 lb. carrots, sliced
1 onion, cut in rings
1 green pepper, cut in slices
1 can tomato soup
½ c. salad oil
1 c. sugar
1 tsp. salt
¾ c. vinegar
1 tsp. mustard
1 tsp. Worcestershire sauce

Boil carrot in salted water until tender for 5 to 10 minutes. Drain and cool. Boil together soup, oil, sugar, salt, vinegar, mustard, and Worcestershire sauce, about 5 minutes. In a bowl, alternate carrots, onions, and peppers. Pour sauce over this. Refrigerate overnight.

Mary Elshant

CARROT CASSEROLE

3 eggs, beaten
½ c. sugar
2 Tbsp. flour
1 Tbsp. baking powder
¼ tsp. ground cinnamon
¼ tsp. ground nutmeg
1 c. milk
2 c. cooked mashed carrots
½ to 1 c. melted margarine or butter

Mix together first 6 ingredients in a large bowl. Add milk, carrots and butter; stir well. Pour into a lightly greased large casserole. Bake at 350° for 30 minutes or until crusty and brown. Serve immediately. Serves 6.

Ginger Cookson

CAKES, COOKIES, DESSERTS

MAIN DISHES

BREADS, ROLLS, PASTRIES

Main Dishes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast [1] (10 inch) ribs)	4	1¾	140° (rare)
		2	160° (medium)
[1] If using shorter cut (8-inch) ribs, allow 30 min. longer		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump [2]	5	2¼	140° (rare)
		3	160° (medium)
		3¼	170° (well done)
Sirloin tip [2]	3	1½	140° (rare)
[2] Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MAIN DISHES

STICKY CHICKEN

1 large can whole cranberry sauce
1 bottle Catalina dressing
1 pkg. Lipton onion soup mix

Mix and heat in pan. Pour over chicken and bake at 350° to 375° for 1 hour.

Jackie Beauregard

EASY CHICKEN

2 Tbsp. oil
2 lb. chicken parts
1 can cream of onion soup
1 c. sliced mushrooms
1 clove garlic, minced
2 tsp. paprika
½ c. sour cream
2 c. hot cooked noodles

Brown chicken parts in oil. Pour off fat. Add undiluted soup, mushrooms, garlic, and paprika. Heat; cover and simmer on low heat 30 to 40 minutes, until chicken is tender. Remove chicken to platter. Stir in sour cream to sauce. Heat through. Spoon some sauce on chicken. Serve with noodles and remaining sauce. Makes 4 servings.

Doris Harrington

CHICKEN CASSEROLE

1 (3 lb.) chicken
3 c. water
3 stalks celery
8 oz. pkg. Pepperidge Farm stuffing
1 stick butter or margarine
1 can cream of chicken soup

Cook chicken and celery the day before in big pot. Put 3 cups water and simmer 90 minutes. Remove and cool chicken and broth. Put in refrigerator. Next day, strain broth and take fat off. Skin and bone chicken. Cut in small pieces. Heat broth a little and put in about 2 scant cups in 9x13x2 inch dish or pan. Take 8 ounces stuffing and mix with 1 stick melted butter. Put ½ of stuffing in casserole dish, then put chicken and ⅔ cup of soup. Put the rest of stuffing on top, then rest of soup. Heat oven to 350°. Put casserole in for 20 to 30 minutes or until golden brown.

Florence I. Degnan

COG AU VIN

1 frying chicken, cut up
¼ c. butter
8 small boiling onions
8 small carrots
¼ tsp. garlic salt
2 Tbsp. flour
2 c. dry red wine
1 small bay leaf
1 tsp. parsley, minced
¼ tsp. thyme
1 (4 oz.) can mushrooms
1½ tsp. salt
¼ tsp. pepper

Melt butter in skillet and brown chicken pieces over medium heat. Remove chicken pieces to a plate. Brown carrots and onions lightly in skillet. Add garlic. Stir in flour. Gradually stir in wine; blend well. Add bay leaf, parsley and thyme. Pour in liquid

from can of mushrooms. Add salt and pepper. Return chicken to skillet. Add mushrooms. Cover and simmer 30 minutes or until chicken and vegetables are done. Serve with mashed potatoes.

Gloria Buckett

KATHLEEN'S CHICKEN DIVAN

4 chicken breasts, boned
1 (10 oz.) pkg. frozen broccoli
1 can condensed cream of chicken soup
½ c. mayonnaise
½ tsp. lemon juice
½ tsp. curry powder
½ c. shredded Cheddar cheese
¼ c. soft bread crumbs
1 Tbsp. melted butter

Simmer chicken breasts for 1 hour. Cook broccoli as directed. Line a buttered casserole with the broccoli. Place chicken breasts on top. Mix together soup, mayonnaise, lemon juice, curry powder, and pour over chicken. Sprinkle with the Cheddar cheese. Mix bread crumbs and butter and spread over top. Bake 25 minutes at 325°.

Viola Dawson

CHICKEN BROCCOLI

4 chicken breasts
2 cans cream of chicken soup
½ c. mayonnaise
½ tsp. curry powder
½ tsp. lemon juice
½ c. shredded Cheddar cheese
2 (10 oz.) pkg. frozen broccoli
1 c. white rice

Boil chicken for 45 minutes. Cook broccoli according to directions. Grease casserole dish and place cooked broccoli in it. Cut chicken into bite-size pieces and place over broccoli. Combine soup, mayonnaise, lemon juice, and curry powder. Spread over chicken and broccoli. Sprinkle ½ cup cheese on top. Bake for 30 minutes at 350° in covered casserole.

At same time, cook 1 cup white rice in 2 cups water. Add butter and place in oven for same amount of time as casserole. Serve chicken broccoli over rice.

Mary Elshant

HOT CHICKEN SALAD

3 c. diced chicken
1 c. diced celery
2 tsp. grated onion
1 c. cream of chicken soup
1 Tbsp. lemon juice
¾ c. mayonnaise
3 chopped hard-boiled eggs
1½ c. cooked rice
½ c. chopped nuts
2 c. crushed potato chips
¾ c. shredded Cheddar cheese

Mix all ingredients together and bake in a 9x12 inch tin for 20 minutes at 350°. Remove from oven and sprinkle potato chips and cheese over top. Return to oven for 5 minutes, until cheese melts and top turns a little brown.

Mix day before and refrigerate, then bake before serving.

STUFFED PEPPERS

6 large peppers
1½ lb. hamburg
1 c. uncooked rice

Clean peppers out leaving 1 inch hole at top. Cook rice. Fry hamburg; add ¼ teaspoon salt, ⅛ teaspoon pepper, and ⅛ teaspoon garlic salt; drain grease. Mix hamburg and rice; stuff the peppers. Cook in large fry pan, covered, on top of stove in 1½ inches of water. Add ½ teaspoon salt to water. Stand peppers up around edge of pan and cook very low for 45 minutes.

CHILI

2 lb. beef
1 medium onion, chopped
2 Tbsp. ground cumin
2 tsp. salt
5 Tbsp. chili powder
2 Tbsp. flour
1½ Tbsp. sugar
2 (16 oz.) cans kidney beans
1 (16 oz.) can whole tomatoes, chopped
1 (6 oz.) can tomato paste

Combine first 4 ingredients in large Dutch oven. Cook over medium heat crumbling meat until brown and onion is tender; drain. Stir in chili powder, flour, and sugar; add remaining ingredients. Stir well. Mixture will be thick. Cover and simmer 30 minutes over low heat. Yields 8 servings.

Troy B. Schneider

ONE POT DINNER
(Crock pot)

½ to 1 lb. ground beef
¾ lb. bacon, cut in small pieces (I use Morningstar or imitation bacon)
1 c. chopped onion
2 cans beans (1 lb. 15 oz.), in tomato sauce
1 (1 lb.) can kidney beans, drained
1 can butter lima beans, drained
1 c. ketchup
¼ c. brown sugar
1 Tbsp. liquid smoke
2 Tbsp. white vinegar
1 tsp. salt
Dash of pepper

Brown ground beef in skillet. Drain off fat and put beef in crock pot. Brown bacon and onions; drain off fat. Add bacon, onions, and remaining ingredients to crock pot. Stir together well. Cover and cook on LOW 4 to 9 hours.

If using 2 quart crock pot, reduce this recipe by half. A big hit, especially with the men.

Ginger Cookson

BEEF BURGUNDY

2 lb. stew beef
1 can onion soup
1 can golden mushroom soup
½ c. burgundy wine
1 or 2 cans mushrooms

Combine soups and wine. Heat. Pour over meat in casserole. Cover and bake 300° for 3 hours. Last ½ hour, add drained mushrooms.

Doris Harrington

FRENCH MEAT PIE

1 lb. ground beef
½ lb. ground pork
1 medium onion
1 egg, beaten
¼ tsp. salt and pepper
Dash of garlic salt
½ tsp. poultry seasoning
Salt & pepper

} 1 mash Potatoes

Fry beef and pork with onion. Add all but egg. Cool before you add egg. Put in pie crust. Bake like pie.

Jackie Beauregard

LONDON BROIL FLANK STEAK

Marinate 1 pound flank steak, in shallow dish, with Italian dressing for 10 hours, turning occasionally. Remove steak and broil at 500° for 3 to 4 minutes on each side. Cut cross grain in a slanted angle into thin slices.

Jackie Beauregard

SWEDISH MEAT BALLS

1½ lb. ground meat (1¼ lb. beef and ¼ lb. pork)
1 tsp. salt (scant)
1 tsp. pepper
¼ tsp. ground allspice
⅛ tsp. ground ginger
1 Tbsp. sugar
½ c. crumbs
½ c. cooked potato, grated
1 small onion, grated
1 large egg

Mix all preceding ingredients and add the meat and enough milk to make a moist mixture. Roll into small balls and fry or broil until brown. Place in covered casserole and bake on low heat until done.

Gloria Buckett

SPECIAL LASAGNA

1 lb. ground beef
½ lb. sausage meat
¼ lb. salami, chopped
1 medium onion, chopped
1 green pepper, chopped
1 (28 oz.) can tomatoes
2 (5½ oz.) tomato paste
Dash of Worcestershire sauce
½ tsp. sugar
½ tsp. basil
1 Tbsp. parsley
½ tsp. salt
2 tsp. oregano
Dash of cayenne
Dash of pepper
1 lb. Mozzarella cheese, grated
⅔ c. Parmesan cheese, grated
1 c. Ricotta cheese
2 eggs, beaten
1 lb. lasagna noodles

Brown meat in large saucepan (no oil). Drain off fat. Add next 12 ingredients; simmer, uncovered, for approximately 2 hours, until sauce is very thick. Cook lasagna noodles. Grease 9x12 inch casserole. Combine eggs, Ricotta, and ½ cup Parmesan. Layer single layer of noodles, then layer of sauce, then mozzarella, then noodles, layer of all Ricotta mixture, then some sauce, and another layer of noodles. End with layer of Mozzarella, noodles and sauce. Sprinkle remaining Parmesan. Cover with foil and bake in 375° oven for 30 minutes.

Doris Harrington

SWISS BEEF BIRDS A LA CROCK POT

2 lb. round steak, ½ inch thick
2 medium carrots
1 large dill pickle
2 Tbsp. flour
1 tsp. salt
¼ tsp. pepper
1 clove garlic
2 Tbsp. salad oil
1 (8 oz.) can tomato paste
1 small onion, chopped
2 Tbsp. minced parsley
1 can brown gravy and onions

With meat mallet, pound steak till ¼ inch thick. Cut into 5 or 6 serving pieces. Cut each carrot into thin sticks and the pickle into 5 or 6 strips. Place several carrot sticks and 1 pickle strip on each piece of meat. Begin at narrow end and roll up securing with toothpick. Mix flour, salt, pepper, and garlic. Coat meat rolls, reserving remaining mixture. Brown meat rolls in hot oil. Pour off excess fat. Place browned meat in crock pot. Mix tomato paste, reserved flour mixture, onion and gravy, and pour over meat. Cover and simmer on LOW or till tender. Sprinkle with parsley. Serves 5 or 6.

Beverly K. Harter

GROUND BEEF 'N PEPPER SKILLET

½ lb. ground beef
1 small onion, sliced
Dash of pepper
1 (12 oz.) jar Heinz Home Style brown mushroom gravy
½ c. chopped green pepper
Hot buttered noodles, cooked as directed (cook enough for 2 or 3 servings)

In skillet, brown beef and onion until onion is tender. Drain excess fat. Season with salt and pepper. Stir in gravy. Add green pepper. Simmer, uncovered, until pepper is just tender, stirring occasionally. Serve over noodles with pea pods, if desired. Makes 2 to 3 servings.

Judith A. Trottier

CHINESE BEEF AND RICE

1⅓ c. uncooked regular rice
¼ c. salad oil
1 Tbsp. salt (less if desired)
3 c. boiling water
2 beef bouillon cubes
1 Tbsp. plus 1 tsp. soy sauce
2 medium onions, chopped
4 stalks celery, chopped
3 c. diced, cooked beef

In large skillet, cook and stir rice in oil over medium heat, until golden brown. Add salt, water, bouillon cubes, and soy sauce. Cover tightly; simmer 20 minutes. Stir in onion, celery, pepper, and meat. Cover tightly; simmer 10 minutes longer or until all liquid is absorbed and rice is tender. Makes 4 to 6 servings.

Mary Elshant

MEATLOAF

1 lb. beef
Dry bread crumbs (flavored)
1¼ c. milk
1 egg, beaten
¼ c. minced onion
1¼ tsp. salt
¼ tsp. pepper
¼ tsp. celery salt
2 tsp. dry mustard
¼ tsp. garlic salt

Mix all ingredients together. Put in loaf pan. Spread little ketchup on top. Bake at 350° for 1 to 1¼ hours.

Mary Elshant

COMPANY HAMBURG CASSEROLE

8 oz. pkg. wide noodles
2 lb. ground chuck
3 (8 oz.) cans tomato sauce
8 oz. container cottage cheese
8 oz. pkg. cream cheese
¼ c. sour cream
3 Tbsp. butter
⅓ c. finely chopped onion
1 Tbsp. chopped green pepper
1 can onion rings

Cook and drain noodles. Brown chuck; drain. Stir tomato sauce into browned meat; set side. Mix 3 cheeses. Saute in 3 tablespoons butter, the onion, and green pepper. Add to cheese mixture. Grease a 2 quart casserole. Spread half of noodles on bottom. Cover with cheese mixture, then rest of noodles. Put hamburg mixture on top. Bake 15 minutes at 350°. Add onion rings to top of casserole. Cook 15 minutes more. Serves 6.

Mary M. Sullivan

FRANK'S SWEDISH MEATBALLS

1 lb. hamburg
1 egg
½ c. oatmeal
½ c. grated onion
1 or 2 pinches of cinnamon
Pinch of nutmeg
Salt and pepper to taste
Brown gravy with fresh mushrooms

Combine all ingredients and mix well. Form into small meatballs. Bake in 350° oven until cooked. Transfer to dish of brown gravy.

Gladys Walsh

HAMBURG AND NOODLES

1 lb. hamburg
3 oz. pkg. cream cheese
2 small cans tomato sauce
1 small container sour cream
1 pkg. noodles

Cook hamburg; add tomato sauce. Place them in bottom of casserole. Cook and drain noodles; add cream cheese and sour cream. Blend thoroughly and put on top of hamburg. Sprinkle Parmesan cheese on top. Bake in moderate oven (350°) for about ½ hour.

SIRLOIN TIPS

1 lb. sirloin tips
2 Tbsp. Crisco
1 clove garlic
1 small green pepper, cut in strips
1 (4 oz.) can mushrooms, drained
1 jar Heinz Homestyle onion gravy
½ tsp. sugar

Melt Crisco and saute sliced garlic; add meat. Brown meat and add green pepper (optional), mushrooms, onion gravy, and sugar. Stir. Simmer for 45 to 50 minutes. Serve with boiled potatoes or rice.

Inez Beadles

CRAB GIOVANNI

1 large onion, chopped
1 green pepper, finely chopped
½ c. fresh mushrooms, sliced
3 Tbsp. butter
2 c. canned tomatoes, drained
1½ to 2½ c. flaked crab (or lobster)
1 c. dairy sour cream
1 (8 oz.) pkg. spaghetti, cooked
1½ c. sharp cheese, grated

Saute onion, pepper and mushrooms in butter. Add remaining ingredients except half cup of cheese. Pour into greased casserole. Top with remaining cheese. Bake at 325° for 45 minutes. Serves 8.

Mary Elshant

BAKED STUFFED SHRIMP

12 jumbo shrimp
¼ lb. Ritz crackers, crushed
¾ c. melted butter or margarine
1 Tbsp. lemon juice
1 bay leaf, crushed (optional)
2 Tbsp. parsley flakes
Milk or chicken broth
2 lemons, quartered

Clean and devein shrimp. Split shrimp for stuffing. Combine cracker crumbs, ½ cup butter, lemon juice, bay leaf, and parsley flakes. Moisten with either milk or chicken broth. Arrange in 9x13 inch baking dish. Bake at 375° for 25 minutes. Serve with lemon wedges.

Connie Capozzi

CLAM PIE

2 cans Snows minced clams and juice
2 eggs, slightly beaten
1½ c. milk
¼ lb. melted butter
9 soda crackers (Buny's milk cracker)

Crush crackers fine. Mix all together. Put in greased (buttered) baking dish. Bake in water bath, like custard, about 1 hour at 350°.

Jackie Beauregard

CHEESY FISH CASSEROLE

1 lb. haddock, skinless
¾ c. shredded mild cheese
½ tsp. lemon juice
½ tsp. dry mustard
2 c. cooked shells (1 c. uncooked)
Salt and pepper to taste
Buttered bread crumbs
2 c. medium white sauce
1 Tbsp. margarine

Bake fish with 1 tablespoon margarine at 350° for 12 to 15 minutes. Season with salt and pepper. Make white sauce using liquid from baked fish. Add mustard and lemon juice. Add cheese and allow to melt. Break fish into pieces in a pan. Top with cooked shells. Pour cheese sauce over all. Add bread crumbs and bake at 325° for 30 to 45 minutes.

Can be made ahead of time and refrigerated until ready to bake or can be frozen.

Carolyn Jenkinson

SALMON LOAF

14 oz. canned salmon
2 eggs
1 c. soft bread crumbs
½ c. milk
1 Tbsp. melted margarine
1 Tbsp. chopped parsley
1 Tbsp. finely chopped onion
2 Tbsp. chopped celery
1 tsp. lemon juice
Pepper to taste

Combine all ingredients. Pack lightly in greased casserole or loaf pan. Bake 45 minutes at 350°. Serves 4.

Serve plain or with egg sauce. Contains 200 calories if served plain, or approximately 300 calories with egg sauce.

Barbara Taylor

SOLE-ALMOND DILL STUFFED

½ c. crushed (low salt) saltines (about 6 doubles)
½ tsp. dill seed
3 tsp. onion, minced
1 Tbsp. margarine
½ c. slivered almonds
2 Tbsp. lemon juice
1 lb. (8 pieces close to size) filet sole (flounder)
1 Tbsp. melted margarine
2 Tbsp. Chablis wine (optional)
Buttered bread crumbs (for topping)
Lemon wedges and parsley (for garnish, optional)

Mix cracker crumbs with dill and set aside. Saute onion in tablespoon of margarine until tender. Combine crumb mix, onions, almonds, and lemon juice; set aside. Line bottom of 10 x 7 x 1½ inch Pyrex dish with 4 slices of fish. Cover each with ¼ of mix. Top with remaining 4 slices (largest on bottom). Brush tops with margarine and Chablis. Cover thinly with crumbs. Preheat oven to 375°. Bake 15 minutes or until fish flakes. Garnish with lemon wedges and parsley before serving.

Contains 210 calories and 244 mg sodium per serving.

Barbara Taylor

SALMON-CLAM SAUCE

2 cloves garlic, pressed
¼ c. margarine
¼ c. olive oil
1 tsp. pepper (fresh ground)
1 (15 oz.) can salmon
2 Tbsp. minced parsley or 1 Tbsp. dried
1 can whole baby clams
1 lb. very thin spaghetti or pasta of your choice

Saute the garlic in margarine and olive oil until lightly browned. Stir in pepper. Drain liquid from the can of salmon into bowl and drain the can of clams. Flake salmon; remove skin and bones. Add liquid to garlic and pepper and bring to boil. Add salmon and clams; reduce heat to simmer. Correct seasoning; add salt or hot pepper sauce or chili powder. Simmer about 10 minutes. Stir in parsley. Serve over pasta.

Nancy Tyborowski

SOLE VINCENT
(Good and easy)

4 fillets of sole
1 Tbsp. lemon juice
Salt and pepper to taste
Flour
2 eggs, beaten
Bread crumbs
4 slices Swiss cheese
7 Tbsp. melted butter
3 Tbsp. white wine
2 c. cubed potatoes
¼ tsp. rosemary

Sprinkle fillets with lemon juice. Season with salt and pepper. Dredge one side of each fillet with flour. Dip the flour coated side with beaten eggs and coat with bread crumbs. Fold each fillet in half and place slice of cheese between each half. Put in buttered baking dish and drizzle with 3 tablespoons butter. Pour in wine. Broil under medium heat for 8 to 12 minutes till fish is tender and golden on top. Serve with border of cubed potatoes, sauteed in 4 tablespoons butter till golden, then seasoned with salt, pepper and rosemary.

Beverly K. Harter

GINGAMI YAKI (FISH AND VEGETABLES BAKED IN FOIL)

4 (3 oz.) fillets of white fish meat
½ tsp. salt
1 Tbsp. sake (rice wine)
12 medium large shrimp
½ tsp. salt
½ tsp. pepper
4 fresh mushrooms
20 gingko nuts, canned (optional)*
4 sheets aluminum foil (10 to 12 inches square)

1. Lay fish on plate and sprinkle all over with salt. Sprinkle with *sake* and set aside 10 minutes.
2. Keeping shell of shrimp intact, cut off heads, legs, and only tip of tail. Make slash in back through shell. Remove vein. Sprinkle with salt and pepper.
3. Remove mushroom stems and make slits in cap.
4. Baste inner foil with oil. Lay fish and shrimp, top with mushroom and 5 nuts (3 ears mini corn). Close top and roll ends of foil loosely.
5. Bake at 450°F. on shallow pan for 10 minutes. Serve in foil with rice and lemon slices. *Enjoy!* Makes 4 servings.

* Mini ears of corn may be substituted for gingko nuts.

Susan M. Guillet

BAKED STUFFED SHRIMP

15 large shrimp
1 stick margarine or butter
1 c. bread crumbs
⅛ tsp. salt and pepper
⅓ c. grated Parmesan cheese
2 Tbsp. lemon juice
2 Tbsp. dry sherry
½ tsp. garlic powder

Boil shrimp until done. Shell and dip in melted butter or margarine. Blend all ingredients (slit shrimp, butterfly style, before stuffing) and put mixture inside curl of shrimp. Bake at 325° for 25 minutes, until golden.

Joe Turano

SHRIMP CHOW MEIN

1 (16 oz.) pkg. frozen medium shrimp
1 can chow mein noodles
1 can cream of shrimp or mushroom soup
½ c. chopped celery
½ c. chopped onions
½ c. chopped almonds

Cook shrimp as directed. Mix all ingredients. Save some of noodles and put on top. Bake at 350° for 25 to 30 minutes.

Gloria Buckett

SEAFOOD DISH

Lobster meat
Cream of shrimp soup
Mushrooms
Cream sherry

Saute lobster meat. Put in cream of shrimp soup. Add mushrooms and flavor with cream sherry. Serve on toast.

Simple, but good. Makes a good lunch.

Ruth Copeland

LIVER AU GRATIN
(Takes 18 minutes to make)

¼ c. butter
1 medium onion, sliced
8 oz. fresh mushrooms, cut in quarters
1 lb. sliced calves liver
1 (6 oz.) pkg. sliced Monterey Jack cheese
½ c. dry sherry
½ tsp. dried leaf rosemary, crumbled
½ tsp. dried leaf basil, crumbled

In a large skillet, melt butter. Add onion and mushrooms. Saute over medium heat till onion is transparent. Remove from skillet; set aside. In the same skillet, fry liver over medium heat till brown on both sides. Top each liver piece with a slice of cheese. Add sherry, rosemary, basil, and sauteed onion and mushrooms. Cover and simmer 10 minutes. Serves 4.

Beverly K. Harter

VEAL SCALLOPINI

6 veal cutlets, cut thin
1 pkg. mushrooms
2 peppers
2 cloves of garlic
1¼ c. red wine
Salt and pepper to taste
Oregano

Cover bottom of pan with oil and a piece of butter. Brown meat and sprinkle with oregano. Add mushrooms, peppers, and garlic. Salt and pepper to taste. Mix 1 tablespoon of flour to ½ cup water. Add this to ingredients along with 1 ¼ cups red wine. Bake in oven at 300° for 1½ hours, covered.

Jan Liard

MEAL IN A QUICHE

1½ c. cooked rice
1 egg, beaten
¼ c. Parmesan cheese
Pam or spray on
1 pkg. frozen chopped spinach, thawed and well drained*
½ c. (2 oz.) shredded Mozzarella cheese
1 (2 oz.) can sliced mushrooms, drained
5 eggs
1 c. skim milk
1 Tbsp. instant minced onion
½ tsp. basil
¼ tsp. salt

Stir together beaten egg, Parmesan, and rice until well blended to form crust. Press into 9 inch pie plate coated with spray. Sprinkle spinach, cheese and mushrooms. Beat together remaining ingredients and pour over vegetables and cheese. Bake in preheated 375°F. oven about 45 minutes or until knife inserted in center comes out clean. Cut into wedges to serve.

* Drain spinach well. Press out excess water thoroughly.

Doris (Bielagus) Germani

SUPER DELICIOUS ZUCCHINI CASSEROLE

4 to 6 medium size zucchini, sliced
6 Tbsp. margarine, divided
1 onion, sliced in rings
2½ c. Pepperidge Farm herbed stuffing mix
½ c. shredded carrots
1 can cream of chicken soup
½ c. sour cream
½ c. sliced almonds

Cook zucchini in small amount of boiling water until crisp and tender; drain well. (Zucchini may be steamed.) Melt 4 tablespoons margarine in skillet and cook onion rings until limp, not brown. Remove from heat. Stir in 1½ cups stuffing mix, carrots, soup, and sour cream. Fold in zucchini. Place all in 1 ½ quart casserole. Bake, uncovered, at 350° for 20 minutes. Mix remaining margarine and 1 cup stuffing mix. Spread in casserole. Sprinkle almonds. Bake, uncovered, 5 to 10 minutes, till brown. Serves 8 to 10.

Mary Jane Sullivan

Notes

CAKES, COOKIES, DESSERTS

CANDY, JELLY, PRESERVES

BEVERAGES, MICROWAVE

BREADS, ROLLS, PASTRIES

Breads, Rolls, Pastries

EQUIVALENT CHART

3 tsp.	1 tbsp.
2 tbsp.	⅛ c.
4 tbsp.	¼ c.
8 tbsp.	½ c.
16 tbsp.	1 c.
5 tbsp. + 1 tsp.	⅓ c.
12 tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 tbsp.
⅞ c.	¾ c. + 2 tbsp.
1 jigger	1½ fl. oz. (3 tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½ - 4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
¾ cup **cracker crumbs** = 1 cup bread crumbs.
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe.
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
1 package **active dry yeast** = 1 cake compressed yeast.
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic.
1 lb. **whole dates** = 1½ c. pitted and cut.
3 medium **bananas** = 1 c. mashed.
3 c. **dry corn flakes** = 1 c. crushed.
10 **miniature marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	**Average Contents**
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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IRISH BREAD

2½ c. flour
¼ c. sugar *or* 6 Sweet 'N Low
3 tsp. baking powder
¼ tsp. soda
2 eggs
½ c. milk
½ c. sour cream
¾ tsp. salt

1 c. Raisins

Mix well. Makes 1 loaf. Bake at 350° for 50 minutes.

Six Sweet 'N Low may be used in place of sugar.

Jackie Beauregard

STRAWBERRY BREAD

2 (10 oz.) pkg. frozen strawberries, thawed
4 eggs
1¼ c. salad oil
3 c. all-purpose flour
2 c. sugar
3 tsp. cinnamon
1 tsp. baking soda
1 tsp. salt
1 c. chopped nuts

Preheat oven to 350°F. Grease and flour two 9x5 inch loaf pans; set aside. In medium bowl, stir thawed strawberries, eggs and oil. In large bowl, combine flour, sugar, cinnamon, baking soda, salt, and nuts. Add strawberry mixture to dry ingredients and stir just till blended. Pour into pans. Bake 1 hour or till toothpick inserted in center comes out clean. Makes 2 loaves.

Beverly K. Harter

GLAZED CRANBERRY LEMON BREAD

4 Tbsp. butter
¾ c. sugar
2 eggs
2 tsp. grated lemon peel
2 c. sifted all-purpose flour
2½ tsp. baking powder
1 tsp. salt
¾ c. milk
1 c. fresh chopped cranberries
½ c. chopped mixed candied fruits and peels
½ c. chopped walnuts
2 tsp. lemon juice
2 Tbsp. sugar

Cream together butter and the ¾ cup sugar till light and fluffy. Add eggs and lemon peel; beat well. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with milk, beating till smooth after each addition. Stir in cranberries, mixed fruits, peels, and nuts. Pour into a greased 9x5x3 inch pan. Bake in 350° oven for 55 to 65 minutes. Let cool in pan 10 minutes. Remove from pan; cool. Combine lemon juice and 2 tablespoons sugar. Spoon over top. Wrap.

Beverly K. Harter

COFFEE BREAD

1 c. milk
1 Tbsp. butter
1 Tbsp. other shortening
3 Tbsp. sugar
½ tsp. salt
1 egg, beaten
1 yeast cake in ¼ c. warm milk
3 c. flour
Cardamon seeds, crushed

Scald milk, then add butter, other shortening, sugar, and salt. Let stand until lukewarm. Add beaten egg and not quite all of the flour. Add yeast cake which has been dissolved in ¼ cup warm milk. Add cardamon seed to taste. Beat well and let rise 1½ hours. Knead on board with remaining flour. Shape into braid or buns. Let rise ½ hour. Brush top with egg and sprinkle with sugar and nuts. Bake on greased cookie sheet about 30 minutes at 350° for braid or 400° for 20 minutes for buns.

Gloria Buckett

BANANA-ORANGE BREAD
(No sugar)

2 c. sifted flour
1½ tsp. pumpkin pie spice
1 tsp. baking soda
1 tsp. baking powder
1 c. mashed ripe bananas (2 large)
1 (6 oz.) can frozen unsweetened orange juice, thawed
2 eggs, beaten
1 c. raisins
1 c. chopped walnuts

On sheet of waxed paper, sift together flour, pumpkin pie spice, baking soda, and baking powder; set aside.

In large bowl, mix bananas, orange juice, and beaten eggs until well blended. Stir in raisins and nuts. Add dry ingredients; stir until moistened. Pour into greased loaf pan, 9x5x3 inches. Bake at 350° for 40 minutes or till toothpick comes out clean. Cool in pan 10 minutes. Remove from pan. Cool on rack. Slice thin (24 slices). Contains 112 calories per slice.

Eva L. Bellerose

PUMPKIN BREAD

1⅔ c. flour
1¼ c. sugar
1 c. nuts, chopped
1 Tbsp. baking soda
½ Tbsp. cinnamon
½ Tbsp. nutmeg
Dash of salt
1 c. canned pumpkin
½ c. salad oil
2 eggs

In large bowl, combine all ingredients. Beat for 4 minutes by hand or low speed of electric mixer. Pour into greased 9x5x3 inch pan. Bake at 350° for 1 hour.

Helen Powers

PECAN MUFFINS

1½ c. flour
½ c. sugar
½ c. chopped pecans
2 tsp. baking powder
½ tsp. salt
1 egg, slightly beaten
½ c. milk
¼ c. vegetable oil

Combine first 5 ingredients in large bowl. Stir well and set aside. Combine egg, milk, and oil. Make a well in dry ingredients. Pour in liquids and stir just till moistened. Fill greased muffin pans ⅔ full. Bake at 400° for 20 to 25 minutes. Remove from pans immediately. Yields 10 to 12 muffins.

Troy B. Schneider

APPLE MUFFINS

½ c. white sugar
½ c. brown sugar
½ c. butter, softened
1 large egg
1½ c. all-purpose flour
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
2 large apples, peeled, cored, chopped (about 2 c.)
1 tsp. vanilla extract
¼ c. chopped nuts (optional)
2 Tbsp. sugar
½ tsp. ground cinnamon

Cream the sugars with softened butter. Beat in egg and set aside. Sift together flour, baking soda, baking powder, and salt. Add to the egg mixture and blend lightly. Add chopped apples and vanilla, stirring just to blend. Add nuts if desired. Pour batter into well buttered or paper lined muffin cups, filling almost to the top. Combine remaining sugar and cinnamon and sprinkle topping over muffins. Bake in the lower half of a preheated 370° oven for 20 to 25 minutes. Makes about 1 dozen muffins.

Anne Erlings

BRAN MUFFINS

5 c. sifted flour
5 tsp. baking soda
2 tsp. salt
2 c. boiling water
2 c. All-Bran
2 c. sugar
1 c. shortening
4 eggs
1 qt. buttermilk
4 c. whole Bran Buds

Sift flour, baking soda and salt together; set aside. Add All-Bran and boiling water; set aside. Cream sugar and shortening; add eggs. Beat till blended. Add buttermilk and Bran Buds; blend. Add water and All-Bran mixture alternately with flour mixture. Bake 20 minutes at 400°. Makes 4 dozen. *These freeze well.*

Irene Gudinas

BLUEBERRY MUFFINS
(Quick and very tasty)

1 egg
½ c. milk
¼ c. vegetable oil
1½ c. flour
½ c. sugar
2 tsp. baking powder
¼ tsp. cinnamon
1 c. fresh or frozen blueberries

Beat egg, then add milk and oil. Blend in dry ingredients. Stir until just moistened. The batter will be slightly lumpy. Gently fold in blueberries. Fill muffin cups ⅔ full. Bake at 400° for 20 to 25 minutes.

Annis Spingler

NORWEGIAN APPLE PIE

¾ c. sugar
½ c. flour
1 egg
½ tsp. vanilla
¼ tsp. salt
1 tsp. baking powder
½ c. chopped nuts
1 c. diced apples

Combine sugar, flour, salt, and baking powder; stir well. Beat in egg and vanilla with whip or spoon. Stir in nuts and apples. Spoon into buttered 8 or 9 inch pie plate. Bake 30 minutes in 350° oven. Serve plain or with whipped cream or ice cream.

Henrietta Grant

NEVER FAIL CUSTARD PIE

1 unbaked 10 inch pie crust
4 eggs
1 qt. whole milk
1 can condensed milk
1 tsp. vanilla

In large mixing bowl, mix eggs, milk, and condensed milk (not evaporated); mix well. Add vanilla. Preheat oven to 450°. Add ingredients into unbaked pie shell. Place in 450° oven for 10 minutes. (Do not open door;) turn oven back to 350° and bake 50 minutes more. Pie is done when silver knife, inserted in center, comes out clean.

Sally Irons

CRANBERRY PIE

1½ c. cranberries
½ c. raisins, cut or chopped

Clean seeds from cranberries and cut in halves and wash; chop raisins in halves and put both in pie shell.

Bring to a boil:

1 c. sugar
1 heaping Tbsp. flour
½ c. boiling water
1 tsp. vanilla

Pour boiling mixture over berries and raisins. Add to crust and bake at 400° for 45 minutes.

Mavis Craig

MILLIONAIRE PIE

Crust:

1 stick butter, melted
1 c. flour
1 c. pecans, chopped

Filling:

8 oz. cream cheese, softened
9 oz. ctn. whipped topping
1 c. confectioners sugar
1 pkg. instant vanilla pudding
1 pkg. instant chocolate pudding
2½ c. cold milk
4 oz. Hershey's bar, grated

Heat oven to 350°. Lightly grease a 9x13 inch cake pan. Mix all ingredients. Press into cake pan. Bake for 20 minutes or until lightly browned.

Mix cream cheese, 1 cup whipped topping and confectioners sugar. Spread on cooled crust. Place in refrigerator. Beat puddings and milk with hand beater until light and fluffy. Spread remaining whipped topping on top. Sprinkle with grated chocolate. Cover and refrigerate for 2 to 4 hours.

Mary B. Schneider

WALNUT PIE

Bowl No. 1:

20 Ritz crackers, crushed
1 tsp. baking powder
½ c. chopped walnuts

Bowl No. 2:

3 egg whites, beaten stiff
1 scant c. sugar
1 tsp. vanilla

Fold No. 1 mixture into egg white mixture. Put into greased 9 inch pie plate. Bake 30 minutes at 350°; cool. Top with whipped cream and shaved chocolate. Keep in refrigerator until ready to serve.

A delicious party favorite.

Viola Millar

CHEESECAKE PIE

8 oz. cream cheese
½ c. sugar
2 eggs
1 tsp. vanilla
½ pt. sour cream

Mix well and put all in a graham cracker crust. Bake at 350° for 30 minutes. Shut oven off and leave in 1 hour. Add Lucky Leaf topping on top.

Jackie Beauregard

SOUTH CAROLINA PEACH PIE

6 medium, fresh peaches
1 pie shell, baked and cooled
8 oz. cream cheese
1 c. sugar
3 heaping Tbsp. corn starch
½ tsp. almond extract
½ c. water
Whipped cream

Mix together sugar, corn starch, and ½ cup water. Slice peaches into mixture and boil slowly until thickened. Stir constantly. Add almond extract and cool. Spread cream cheese over cooled crust about ½ inch deep. Cover with cooled peach mixture. Top with whipped cream before serving. *Oh! So! Good!*

Yvette Goulding

ENGLISH MUFFIN LOAVES

2 pkg. yeast
1 Tbsp. sugar
¼ tsp. soda
2 tsp. salt
6 c. flour
Corn meal
2 c. milk
½ c. water

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm (120° to 130°). Add to dry mixture. Beat well. Stir in rest of flour to make stiff batter. Divide dough into two 8½ x 4½ inch pans that have been greased and sprinkled with corn meal. Sprinkle corn meal on top. Cover and let rise in a warm place for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool.

Grace Gingerella

GOLDEN COUNTRY CORN FRITTERS

1⅓ c. sifted flour
1½ tsp. baking powder
1 tsp. salt
1 (17 oz.) can cream style corn
1 egg, slightly beaten
1 c. salad oil

Sift together flour, baking powder, and salt. Mix corn and egg; add to dry ingredients, stirring lightly. Heat oil in large skillet over medium heat. Drop by tablespoonfuls into hot oil 1 layer at a time. Fry about 2 minutes on each side or till golden brown. Drain on absorbent paper. Makes 16 fritters.

Beverly K. Harter

POPOVERS

3 eggs
1½ c. milk
1½ c. flour
½ stick margarine or butter, melted

Beat eggs in blender. Gradually add milk and flour alternating each time. Beat all ingredients until well blended. Add melted shortening and mix well. Heat greased popover pans and fill ¾ full. Bake 20 minutes at 450°, then slit popovers to let out steam. Bake 15 minutes more.

Doris G. Germani

REFRIGERATOR ROLLS DELUXE

1 pkg. yeast
½ c. warm water
½ c. butter
½ c. shortening
¾ c. sugar
1 c. hot mashed potatoes (mash well)
1 c. cold water
1½ tsp. salt
6 to 6½ c. (about) flour

Put yeast in warm water. Mix with butter and shortening; add sugar and mix well. Add 1 cup of well mashed hot potatoes (no lumps). Add the rest. Cover and put in icebox 24 hours. Dough will keep 1 week. Take off what you need each day.

With this dough, you use when you want it. Use a little at a time if you wish.

Jackie Beauregard

BEST GINGERBREAD

½ c. shortening
½ c. sugar
1 egg
2½ c. sifted all-purpose flour
1½ tsp. baking soda
1 tsp. cinnamon
1 tsp. ginger
½ tsp. cloves
½ tsp. salt
1 c. molasses
1 c. hot water

Cream together shortening and sugar. Add egg and beat well. Sift together flour, baking soda, cinnamon, ginger, cloves, and salt. Combine molasses and water. Add alternately with flour mixture to creamed mixture. Line 8x8x2 inch greased pan with greased wax paper. Pour in batter. Bake in moderate oven, 350°, for 50 to 60 minutes. Cool 5 minutes. Remove from pan.

Ethel Davis

COFFEE CAKE

1 c. sugar
1 c. sour cream
2 c. flour
1 tsp. baking powder
¼ lb. margarine
2 eggs, beaten
1 tsp. baking soda
½ tsp. salt
1 tsp. vanilla

Mix:

½ c. chopped nuts
½ tsp. cinnamon
¼ c. sugar

Make batter. Put half of batter in tube pan. Add nut mixture, then pour remaining batter over. Bake at 350° for 45 minutes.

Ethel Davis

GERMAN COFFEE CAKE

3 c. flour
2 c. sugar
1 c. oil
4 eggs
¼ c. orange juice
2½ tsp. vanilla
3 tsp. baking powder
1 tsp. salt
4 apples, pared and sliced
5 Tbsp. sugar
½ c. chopped nuts
2 tsp. cinnamon

In a bowl, mix flour, 2 cups sugar, oil, eggs, orange juice, vanilla, baking powder, and salt. Beat until smooth. Mix apples, 5 tablespoons sugar, nuts, and cinnamon together. Place half of batter in greased tube pan, then ½ of apple mixture. Repeat with batter and apple mixture on top. Bake at 350° for 1 hour and 10 minutes or 1½ hours. Test with toothpick.

Ernestine Casey

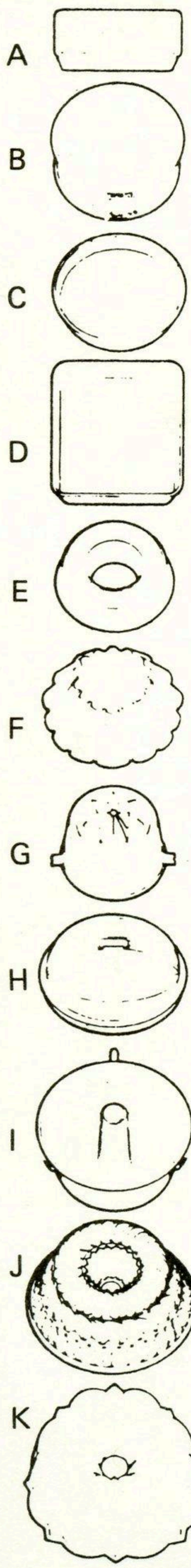
Notes

Cakes, Cookies, Desserts

HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8x1¼-inch layer cake pan - **C**
7⅜x3⅝x2¼-inch loaf pan - **A**

6-cup baking dish:

8 or 9x1½-inch layer cake pan - **C**
10-inch pie plate
8½x3⅝x2⅝-inch loaf pan - **A**

8-cup baking dish:

8x8x2-inch square pan - **D**
11x7x1½-inch baking pan
9x5x3-inch loaf pan - **A**

10-cup baking dish:

9x9x2-inch square pan - **D**
11¾x7½x1¾-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan - **K**	6 cups
9x3½-inch fancy tube or "Bundt" pan - **J** or **K**	9 cups
9x3½-inch angel cake pan - **I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan - **K**	12 cups
9x3½-inch fancy tube mold - **J**	12 cups
10x4-inch fancy tube mold (Kugelhupf) - **J**	16 cups
10x4-inch angel cake pan - **I**	18 cups

Melon Mold:

7x5½x4-inch mold - **H**	6 cups

Spring-Form Pans:

8x3-inch pan - **B**	12 cups
9x3-inch pan - **B**	16 cups

Ring Molds:

8½x2¼-inch mold - **E**	4½ cups
9¼x2¾-inch mold - **E**	8 cups

Charlotte Mold:

6x4¼-inch mold - **G**	7½ cups

Brioche Pan:

9½x3¼-inch pan - **F**	8 cups

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APPLE CAKE

2 medium apples
1 c. sugar
1 stick margarine
1 egg
1½ c. flour
1 tsp. cinnamon
½ tsp. allspice
½ tsp. nutmeg
1 tsp. baking soda
½ c. raisins
½ c. nuts

Peel and slice apples in bowl. Pour over apples, one cup of sugar. Melt and add margarine. Beat well. Add egg. Mix in flour, spices and baking soda, then add raisins and nuts. Grease 8 inch pan. Spread batter in pan. Batter will be thick. Bake at 350° for 45 minutes.

Troy B. Schneider

APPLE CAKE

3 c. sliced apples
1 c. flour
~~½ tsp~~. sugar 1 cup
2 eggs
1 stick melted margarine
½ tsp. salt
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon

Mix all together and add apples last. Grease 9x9 inch pan or use wax paper. Bake at 350° for 45 to 60 minutes.

Jackie Beauregard

BANANA CAKE

½ c. salad oil
1½ c. sugar
2 eggs, beaten
2 c. flour
1 tsp. baking soda
1 pinch salt
1 tsp. vanilla
3 bananas, mashed
2 Tbsp. sour milk

Mix together the sugar, eggs and add oil. Sift flour, soda, salt and add bananas, vanilla, milk, then add flour mix. Bake at 350° for 1 hour.

From the kitchen of Arlene Williams

DATE AND NUT POUND CAKE

1½ c. chopped dates
1 c. chopped walnuts
2½ c. all-purpose flour, divided
½ tsp. baking soda
½ tsp. salt
1 c. butter or margarine, softened
2 c. sugar
6 eggs, separated
1 tsp. vanilla
1 c. sour cream

Grease and flour 9 inch tube pan; set aside. In medium bowl, coat dates and nuts with 2 tablespoons of flour in large bowl. Stir together remaining flour, baking soda and salt.

In large bowl, with electric mixer, beat sugar, butter, egg yolks, and vanilla until light and fluffy. Beat flour mixture and sour cream alternately into butter mixture. Stir in dates and nuts. Preheat oven to 325°. In large clean bowl, beat egg whites until stiff, but not dry. Fold into batter. Pour into pan. Bake 1 hour and 15 minutes to 1 hour and 25 minutes, or until cake tester inserted in center comes out clean. Cool cake in pan on wire rack 10 minutes. Remove from pan to wire rack. Cool completely. Serves 12.

Note: To make chopping dates easier, lightly oil a knife or kitchen shears before cutting.

Anne Erlings

ONE STEP POUND CAKE

2¼ c. flour
2 c. sugar
½ tsp. salt
½ tsp. baking soda
3 eggs
1 tsp. grated lemon peel (optional)
1 tsp. vanilla
1 c. soft margarine
8 oz. yogurt (plain, vanilla, lemon or orange flavored)

Put all ingredients in a large bowl. Blend at a low speed with electric beater. Beat at high speed for 3 minutes, or until very smooth. Pour batter into a greased and floured 10 inch Bundt or tube pan. Bake at 325° for 60 minutes. Let cake cool for 15 minutes in the pan. Remove from pan and cool completely.

Note: Other types of pans may be used. Also, chopped walnuts may be added.

Virginia F. Miro

CARROT CAKE

2 c. sugar
1½ c. Crisco oil
4 eggs
2¼ c. flour
2 tsp. salt
2 tsp. soda
2 tsp. cinnamon
3 c. coarsely grated carrots
1½ c. chopped nuts
1 tsp. vanilla

Mix first 3 ingredients for 2 minutes on medium speed. Sift dry ingredients. Add carrots and nuts. Grease and flour pan (13x9x2 inches). Bake at 300° for 1 hour. Cool before icing.

Jackie Beauregard

CHEESE CAKE

16 oz. lg.

1 (~~6~~ 16 oz.) cottage cheese (small curd)
16 oz. cream cheese
1½ c. sugar
4 beaten eggs
½ c. corn starch
2 Tbsp. lemon juice
1 Tbsp. vanilla
½ c. melted margarine
1 pt. sour cream

Grease spring pan with butter. Dust with graham crackers. Put the rest of butter in mix. Mix first 3 ingredients slowly, then add the rest and pour in pan. Bake 1 hour and 10 minutes at 325°. Shut off oven and let stand 2 hours more. Do not open the oven door.

Jackie Beauregard

BLUEBERRY STREUSEL CAKE

2 c. sifted flour
2 tsp. baking powder
½ tsp. salt
¼ c. margarine
¾ c. sugar
1 tsp. vanilla
1 large egg
½ c. milk
1 (15 oz.) can blueberries or 1 pt. fresh blueberries

Topping:

½ c. sugar
⅓ c. flour
½ tsp. cinnamon
¼ c. soft margarine

Sift together flour, baking powder, and salt. Cream margarine, sugar and vanilla. Add egg and beat well. Stir in sifted ingredients in three additions alternately with milk. Fold in drained blueberries and turn into greased and floured 8x8 inch pan. Combine topping ingredients till crumbly. Sprinkle on top of batter and bake at 375° for 40 minutes. Serves 10.

Beverly K. Harter

HERSHEY'S BLACK MAGIC CAKE

1¾ c. all-purpose flour
2 c. sugar
¾ c. Hershey's cocoa
2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
2 eggs
1 c. strong black coffee (or 2 tsp. instant coffee plus 1 c. boiling water)
1 c. buttermilk or sour milk
½ c. vegetable oil
1 tsp. vanilla

To sour milk, use 1 tablespoon vinegar plus milk to equal 1 cup.

Combine flour, sugar, cocoa, baking soda, baking powder, and salt in large mixing bowl. Add eggs, coffee, buttermilk *or* sour milk, oil, and vanilla. Beat at medium speed for 2 minutes (batter will be thin). Pour batter into greased and floured 13x9x2 inch pan. Bake at 350° for 25 to 40 minutes. Frost with your favorite vanilla frosting.

Doris D. Harrington

SPONGE CUPCAKES

4 eggs
2 c. sugar
½ tsp. salt
2 tsp. vanilla
2 Tbsp. butter, melted in 1 c. boiling hot milk
2 c. flour
2 tsp. baking powder

Beat with rotary beater until very light the 4 eggs, sugar, salt, vanilla, and butter melted in 1 cup boiling milk. Sift together and beat in very quickly the 2 cups flour and 2 teaspoons baking powder. Immediately pour into prepared muffin cups. Bake 18 to 20 minutes at 400°. Cool. Top with whipped cream.

Doris Harrington

HOT MILK SPONGE CAKE

1 c. sifted self-rising cake flour
1 c. sugar
1 tsp. vanilla
2 eggs
½ c. hot milk

Beat eggs until light and foamy. Gradually add sugar, beating after each addition. Slowly fold in flour. Add vanilla. Heat milk to boiling point and add all at once. Bake in ungreased tube pan at 350° for approximately 25 minutes or 325° for a little longer.

Mary Elshant

PINEAPPLE-NUT CAKE

2 c. all-purpose flour
½ c. sugar
1 tsp. baking powder
½ tsp. salt
1 egg
1 tsp. vanilla
2 Tbsp. melted shortening
½ c. chopped walnuts
1 c. raisins
1 tsp. baking soda
1 c. crushed pineapple (do not drain)

Sift together flour, sugar, baking powder, and salt. Combine egg, vanilla, and shortening. Add ½ cup walnuts and raisins. Dissolve baking soda into crushed pineapple. Stir all together until blended. Pour into greased loaf pan, 8x4x4 inches. Bake at 350° for 1 hour or until done. Cool thoroughly before slicing.

Recipe can be doubled.

Ethel Davis

NO SUGAR FRUIT AND NUT SQUARES

1 c. sifted flour
1 tsp. baking soda
½ tsp. cinnamon
1 c. water
½ c. chopped prunes
½ c. chopped dates
½ c. raisins
½ c. margarine
2 eggs, beaten
1 tsp. vanilla
½ c. chopped walnuts

On waxed paper, sift together flour, baking soda, and cinnamon; set aside. In 3 quart saucepan, over medium high heat, bring water, prunes, dates, and raisins to a boil. Reduce heat to medium low. Simmer 4 minutes. Remove from heat. Add margarine and stir until melted; cool completely. Stir in eggs, vanilla and walnuts. Add dry ingredients. Stir until well blended. Pour into greased 9x9x2 inch pan. Bake 30 minutes in 350° oven. Cool in pan on rack. Makes 16 squares. Contains 153 calories per square.

Eva L. Bellerose

CHEESE CAKE

24 oz. cream cheese
5 eggs
1 c. plus 2 Tbsp. sugar
½ tsp. vanilla
¾ tsp. almond extract
1½ c. sour cream
Dash of salt
Unsweetened chocolate

Beat cream cheese with electric mixer until soft. Add eggs, 1 cup sugar, salt, and almond extract. Beat until smooth, thick, and lemon colored. Pour into buttered 9 inch spring form pan or 9 inch pie plate. Bake at 350° for 45 to 50 minutes or until set. Cool 20 minutes on rack. Mix 2 tablespoons sugar, sour cream, and vanilla. Pour over cake. Return to oven 10 minutes at 325°. Cool, chill, then decorate with chocolate shavings or fruit topping. Refrigerate.

Paul Brousseau

TOMATO SOUP CAKE

2 c. sifted flour
½ tsp. baking soda
½ tsp. nutmeg
1 Tbsp. baking powder
1 c. raisins (optional)
½ c. shortening
1 c. sugar
1 can tomato soup
½ tsp. powdered cloves
2 eggs, well beaten

Icing:

13 oz. cream cheese
1 c. sifted confectioners sugar
½ tsp. vanilla
Little milk
Chopped walnuts

Sift together flour, baking soda, and spices. Wash and cut raisins (roll in small amount of flour mixture). Cream shortening. Add sugar gradually. Mix eggs thoroughly. Add flour mixture alternately with soup. Stir until smooth. Fold in raisins. Pour into 2 greased and floured 8 inch pans. Bake at 375° about 35 minutes. Cool in pans 10 minutes. Frost with cream cheese icing when cool. Sprinkle with walnuts.

POOR MAN'S FRUIT CAKE

1 c. seedless raisins
2 c. water
½ c. Mazola oil
1 c. cold water
2 c. sugar
¼ c. water
4 c. flour
Pinch of salt
1 tsp. cloves
1 tsp. nutmeg
1 tsp. cinnamon
1 c. chopped nuts
1 c. mixed fruit
½ c. cherries

Cook raisins in 2 cups water for 10 minutes. Remove from stove. Add 1 cup cold water, ½ cup Mazola oil, and 2 cups sugar. Mix and add baking soda with the ¼ cup water. Add raisins, oil, flour, salt, spices, nuts, fruit, and cherries. Bake in 350° for 1 hour. Do not open oven for 1 hour. Test and bake longer if needed.

Ethel Davis

FUDGIES

⅔ c. oil*
¾ c. cocoa
¼ c. oil*
2 eggs
2 c. sugar
2½ c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. vanilla
1½ c. cold water
1 c. chocolate bits
1 c. chopped walnuts

Beat all together. Pour into *ungreased* 11x17 inch pan (jelly roll pan). Sprinkle with 1 cup chocolate bits and 1 cup chopped walnuts. Bake at 350° for 30 minutes. *Freezes well.*

* Oil amounts *are* correct!

Irene Gudinas

ZUCCHINI BARS

¾ c. butter or margarine
½ c. packed brown sugar
½ c. granulated sugar
2 eggs
1 tsp. vanilla
1¾ c. all-purpose flour
1½ tsp. baking powder
2 c. shredded, unpared zucchini (about 3 medium)
¾ c. chopped walnuts
1 c. shredded coconut

Cinnamon Frosting:

1 c. powdered sugar
2½ Tbsp. milk
1½ tsp. melted butter
1 tsp. vanilla
½ tsp. cinnamon

Frosting: Beat all ingredients in small bowl until smooth.

Bars: Cream butter in medium size bowl until light and fluffy. Beat in sugars gradually. Add eggs, one at a time. Beat in vanilla. Stir in flour and baking powder. Stir in zucchini, coconut, and walnuts. Spread evenly in well greased 15 x 10 x 1½ inch baking pan. Bake 40 minutes. Cool on wire rack.

Make Cinnamon Frosting and spread over warm baked layer. Cut into 1½ inch squares.

Nancy Tyborowski

FUDGE SQUARES

2 sq. (2 oz.) unsweetened chocolate
¼ c. butter
1 c. sugar
2 eggs
1¼ c. Bisquick
½ c. chopped nuts

Heat oven to 350°. Melt chocolate and butter. Mix in sugar, eggs, Bisquick, and nuts. Spread in 8 or 9 inch greased square pan. Bake 30 to 35 minutes.

Gloria Buckett

SCOTCH SHORTBREAD

1 lb. butter
1½ c. confectioners sugar
4½ c. flour

Cream butter and sugar until very well mixed. Add flour, 1 cup at a time, until mixture forms a ball. Roll about ¼ inch thick and cut with a cookie cutter. Bake on ungreased cookie sheet for 20 minutes at 300°.

Grace Gingerella

CHOCOLATE CHIP MERINGUES

2 egg whites
⅛ tsp. cream of tartar
⅛ tsp. salt
1 tsp. vanilla
¾ c. superfine sugar
½ c. chocolate bits
¼ c. chopped nuts

Preheat oven to 300°. Beat egg whites, cream of tartar, and salt together until soft peaks form. Add sugar gradually. Beat until stiff. Fold in chocolate bits and nuts. Drop by teaspoonfuls 2 inches apart on ungreased brown paper lined cookie sheet. Bake in 300° oven about 25 minutes, until dry. Let cool slightly. Remove to rack. When completely cool, store in tight container.

Doris Rein

ALMOND BARS

2½ c. flour
1 c. light brown sugar
1 tsp. cinnamon (optional)
1 c. white sugar
2 eggs
½ c. oil
1 Tbsp. baking powder
2 Tbsp. water
1 c. nuts

Blend eggs and sugar together. Add rest of ingredients. Add nuts last. Pat dough in loaves and place on greased cookie sheet. Bake at 375° for 20 minutes or until brown, then cut in slices while still warm.

DATE NUT BARS

¼ c. butter (no substitute)
½ c. sifted flour
¼ tsp. baking powder
½ tsp. salt
1 c. sugar
2 c. dates or 1-83-PK9
1 c. walnuts
2 eggs, beaten well
Confectioners sugar

Melt and cool butter; set aside to cool. Sift flour, baking powder, salt, and sugar. Add 2 cups of dates, cut up, and 1 cup chopped nuts; mix well. Add beaten eggs to cool butter mixture. Pour in well greased, waxed paper lined and greased 8x8 inch pan. Bake at 350° for 30 to 40 minutes. Test with toothpick. Cool. Cut in bars. Put confectioners sugar on top when cold.

Must remove wax paper when hot.

Jackie Beauregard

CONGO BARS

2¾ c. sifted flour
2½ tsp. baking powder
½ tsp. salt
⅔ c. shortening
1 c. chopped walnuts
1 lb. light brown sugar
3 eggs
1 (6 oz.) pkg. semi-sweet chocolate bits

Sift dry ingredients in separate bowl. In another bowl, add brown sugar and shortening and blend well. Add eggs and blend well, one at a time. Add sifted dry ingredients slowly then chopped nuts and chocolate bits. Bake in 15x9 inch pan at 350° for 30 to 35 minutes. Cool and cut into squares.

Joan Marois

OLD-FASHIONED RAISIN BARS

1 c. raisins
1 c. water
½ c. salad oil
1 c. sugar
1 slightly beaten egg
1¾ c. sifted flour
1 tsp. baking soda
¼ tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. allspice
½ tsp. cloves
½ c. chopped nuts
1 tsp. vanilla

Combine raisins and water. Bring to a boil; remove from heat and stir in salad oil. Cool to lukewarm. Stir in sugar and egg. Sift dry ingredients together. Beat in raisin mixture; stir in nuts and vanilla. Pour into greased 13x9 inch or 8x8 inch pan. Bake 25 minutes or until done.

Glaze: Confectioners sugar and hot water and a dash of vanilla mixed together. Spread on top of bars.

G. Alice DeRosier

PINEAPPLE BROWNIES

¾ c. shortening
1½ c. sugar
3 eggs
1 c. sifted all-purpose flour
1 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
¼ c. chopped walnuts
2 (1 oz.) sq. unsweetened chocolate, melted and cooled
1 c. crushed, drained pineapple

Cream first 3 ingredients till fluffy; beat in eggs. Sift together dry ingredients. Stir into creamed mixture. Divide batter. To one half, add nuts and chocolate. Spread in greased 9x9x2 inch baking pan. Add pineapple to remaining batter. Spread *carefully* over chocolate layer. Bake in 350° oven about 35 minutes. Cut in squares.

Beverly K. Harter

CANDY KISSES PEANUT BUTTER COOKIES

1¾ c. flour
½ tsp. salt
½ c. sugar
1 egg
1 tsp. vanilla
1 tsp. baking soda
½ c. shortening
½ c. brown sugar
2 Tbsp. milk
½ c. peanut butter

Blend dry ingredients into liquid. Shape into small balls and roll in sugar. Place on greased cookie sheet. Bake 8 minutes at 375°. Remove from oven. Place chocolate kiss in center. Push down. Bake 2 to 5 minutes longer.

Ethel Davis

DIABETIC OATMEAL FRUIT NUT DROP COOKIES

½ c. Crisco (butter flavor) or ½ c. butter
½ c. Fructose sugar substitute
½ c. low fat milk
2 eggs
1¾ c. sifted flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
2 c. rolled oats (quick cooking)
1 c. raisins
½ c. ground walnut meats
1 c. carob chips (buy at nature food store)

Mix thoroughly the Crisco, Fructose, milk, and eggs. Sift together flour, baking soda, baking powder, and cinnamon. Stir into preceding mixture. Add oats, raisins, walnuts, and carob chips and mix thoroughly. Drop by tablespoonfuls for larger cookies, 2 inches apart, on ungreased cookie sheet. Bake at 400° for 8 to 10 minutes.

Eva Bellerose

MOLASSES COOKIES

1½ sticks margarine
1 c. sugar
¼ c. molasses
1 egg
2 c. sifted flour
2 tsp. baking soda
½ tsp. salt
½ tsp. cinnamon
½ tsp. ginger

Melt margarine; add sugar; stir. Add molasses; stir. Add egg; stir. Sift together flour, baking soda, salt, cinnamon, and ginger; mix all ingredients together. Make into small balls. Flatten with bottom of small glass dipped in flour. Bake at 350° *8 minutes.* Cool 2 to 3 minutes. Remove with spatula.

Dough may be refrigerated and used later.

NO SUGAR OATMEAL COOKIES

1 c. sifted flour
1 tsp. baking soda
1 c. water
½ c. chopped dates
½ c. peeled, chopped apple
½ c. raisins
½ c. margarine
1 c. quick cooking oats
2 eggs, beaten
1 tsp. vanilla
¾ c. chopped walnuts

On waxed paper, sift together flour and baking soda; set aside. In 2 quart saucepan, over medium high heat, bring water, dates, apple, and raisins to boil. Reduce heat to low; simmer 3 minutes. Remove from heat. Add margarine. Stir until melted. Pour into large bowl. Cool. Stir in dry ingredients, oats, eggs, vanilla, and walnuts, until well blended. Cover and refrigerate overnight. Drop heaping teaspoons, 2 inches apart, on greased baking sheets. Bake at 350° oven for 12 to 14 minutes. Cool on racks. Store in refrigerator. Contains 70 calories per cookie.

Eva L. Bellerose

THUMB PRINT COOKIES

2 sticks butter, softened
½ c. powdered sugar
¼ tsp. salt
2 c. flour
¼ tsp. baking powder
Favorite preserves

Beat butter, sugar, and salt with electric mixer very well. Add flour and baking powder. Roll into balls. Press hole with thumb to make a well. Fill with favorite preserves. Bake at 325° until very slightly browned. Bake approximately 15 minutes. Makes 3½ dozen.

Ginny DeCoste

COCONUT BALLS

⅔ c. sugar
1 egg, beaten
8 oz. pkg. dates
¼ oz. margarine
2½ c. Rice Krispies
¾ c. chopped nuts
Coconut

Cut up dates. Add to sugar and butter on top of stove. Add egg, a little at a time, stirring fast so egg disappears. When it is soft, remove from stove and add Rice Krispies. Stir until all is mixed well. Cool and roll in coconut.

BROWN SUGAR STRIPS

1 stick butter
8 eggs (1 at a time)
1 tsp. baking powder
1 lb. brown sugar
2 c. flour
1 c. nuts

Put ingredients in order listed in top of double boiler. Beat after every addition. Make sure butter is melted, then add eggs (one at a time), stirring. Add flour with baking powder. Add nuts; stir. Take off burner. Pour on greased cookie sheet in form of loaves. Bake at 350° for 15 to 20 minutes. Cut while warm.

SNOW BALLS (KOURAMBEIAS)
(Greek)

1 lb. unsalted butter
2 heaping dessert spoons confectioners sugar
2 oz. brandy
6 oz. blanched almonds, ground fine
5½ c. sifted flour

Cream butter until thick like whipped cream. Add sugar and beat. Add brandy and mix. Add ground nuts and flour; beat until well mixed. This is a stiff dough. Shape into crescents, pears, and stars, about 1 inch thick. Place 1 inch apart on a cookie sheet. Insert a whole clove in stem of pear and on stars. Bake at 325° for about 30 minutes.

Over waxed paper, sift a heavy layer of confectioners sugar (about 1 pound). While still hot, carefully remove cookies from sheet with a spatula and place on sugar. Sprinkle sugar over the top of cookies. Press sugar carefully onto all sides of cookies. Allow to cool.

These cookies are very tender and keep for months. The sugar can be resifted and used again.

Koula Tsaparas

CHOCOLATE PEANUT BUTTER GOODIES

1 pkg. confectioners sugar
2 c. chunky peanut butter
1½ c. graham cracker crumbs
2 sticks melted butter or margarine
1 (12 oz) pkg. chocolate bits
1 stick (8 Tbsp.) butter

In large bowl, combine sugar, peanut butter, graham cracker crumbs, and 2 sticks melted butter. Mix well with hands. Put into greased 9x13 inch pan, patting evenly. (Refrigerate while making frosting.)

In saucepan, melt chocolate bits and stick of butter. Spread on top of peanut butter mixture and keep refrigerated until cold. Cut into squares.

Viola Millar

SWEDISH SPRITZ

1 c. butter
⅔ c. sugar
3 egg yolks
1 tsp. vanilla
2½ c. flour, sifted
½ tsp. salt

Cream butter and sugar together. Beat in egg yolks and vanilla. Stir in flour and salt. Use cookie press to make desired shapes or use star tube to make traditional round or "S" shaped spritz. Bake on ungreased cookie sheet at 375° for about 10 minutes or until edges are golden. Makes about 50 cookies.

Gloria Buckett

APPLESAUCE DROP COOKIES

1 egg
1 c. sugar
½ c. shortening
1¾ c. flour
½ tsp. nutmeg
½ c. raisins
½ tsp. baking powder
1 tsp. soda
½ tsp. salt
1 tsp. cinnamon
½ tsp. cloves
1 c. oatmeal
1 c. applesauce

Cream shortening, sugar and egg. Sift dry ingredients. Add in 3 portions with applesauce. Drop and bake 15 minutes at 375°.

Mavis Craig

DIET DATE COOKIES

1 c. raisins
½ c. chopped dates
1 c. water

Boil 3 minutes; cool.

2 eggs
¼ c. margarine
1 Tbsp. liquid sugar substitute
1 tsp. vanilla

Cream the preceding ingredients.

1 tsp. cinnamon
1 c. flour
1 tsp. baking soda

Sift. Add dry ingredients to creamed mixture alternately with date mixture. Beat well. Chill for several hours. You can add 1 cup of nuts, if you like. Drop on pan and bake at 350° for 12 minutes.

Jackie Beauregard

BREAD PUDDING

3 slices bread, diced
½ c. raisins
1½ c. milk
1 Tbsp. butter
1 egg
2 Tbsp. sugar
1 tsp. vanilla
Nutmeg

In baking dish, put diced bread and raisins. Scald milk and stir in butter until melted. Beat egg and sugar together. Stir into hot milk. Add vanilla. Pour over bread. Mix. Sprinkle with nutmeg. Put baking dish in pan of hot water. Bake at 350° for 45 minutes.

DATE-NUT PUDDING

2 c. chopped dates
1 c. nuts, chopped fine
2 c. flour
2 c. sugar
2 c. hot water
6 Tbsp. margarine
1 tsp. vanilla
2 tsp. baking soda
2 tsp. baking powder
2 eggs, beaten
1 pinch of salt

Put dates in mixing bowl. Sprinkle soda over top. Pour hot water on this. Add margarine and let melt. Sift dry ingredients (flour, sugar, baking powder, and salt). Add to date mixture. Fold together. Add nuts, vanilla, and beaten eggs; fold in. Bake at 300° to 350° for 40 minutes. Makes a thin cake. Use aluminum pan. Serve with spatula. Cut slices in pan. Serve with whipped cream or hard sauce.

Ethel Davis

GRAPE-NUTS PUDDING

5 eggs
¼ tsp. salt
½ c. sugar
½ c. Grape-Nuts
1 tsp. vanilla
4 c. milk
Nutmeg

Beat well together the eggs, salt, sugar, Grape-Nuts, and vanilla. Add milk. Beat well. Pour in baking dish. Sprinkle on a little nutmeg. Bake over water at 375° for 1 hour.

Emma McGee

INDIAN PUDDING

1 qt. milk
¼ c. corn meal
½ c. molasses
¼ c. sugar
1 Tbsp. butter
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. salt

Cook 1 quart milk and corn meal for 20 minutes in saucepan. Add the rest of the ingredients. Bake in buttered casserole 2 to 3 hours at 350°. Serve ice cream on pudding.

Jackie Beauregard

CHIFFON PUDDING

5 tsp. flour
1 c. sugar
3 tsp. butter
¼ c. lemon juice
½ tsp. grated lemon rind
3 eggs
1 c. milk

Mix flour and sugar. Cut butter into flour. Add lemon juice and rind, egg yolks and beat well. Add milk, then the egg whites beaten stiff. Place in baking dish in 350° oven for 1 hour. It forms a custard on bottom and sponge cake on top. *Delicious.*

Doris (Bielagos) Germani

LEMON DELIGHT

2 c. flour
2 sticks margarine
¼ c. pecans, chopped
16 oz. cream cheese
2 c. powdered sugar
2 pkg. lemon instant pudding
3 c. milk
Cool Whip

Mix flour, margarine, and pecans. Pat into 9x13 inch pan. Bake at 375° for 15 minutes; cool. Mix together cream cheese and powdered sugar. Pour over cooled crust and chill. Mix pudding and milk. Pour over cream cheese. Top with Cool Whip. Keep refrigerated.

SPUMONI ICE CREAM

1 pt. heavy cream
4 extra large eggs
¾ c. confectioners sugar
1 c. chopped cherries, cut in quarters
1 c. chopped pecans
Vanilla wafer crumbs

Whip cream. Beat egg yolks with sugar until very yellow and kind of thick. Beat egg whites very stiff. Fold all ingredients together. Top with vanilla wafer crumbs. Fold into aluminum foil cups and freeze. Remove from freezer about 10 minutes before serving.

Connie Capozzi

PUNCH BOWL CAKE

1 angel food cake
1 (12 oz.) Cool Whip
¾ c. powdered sugar
1 (16 oz.) sour cream
1 (5½ oz.) can evaporated milk
1 pkg. strawberry glaze mix
1 qt. strawberries

Break cake up into small pieces. Mix Cool Whip, sugar, sour cream, and milk until smooth. Fold into cake. Mix glaze and strawberries. Put on top of cake. Chill several hours. Better the next day.

Mary Elshant

EXCELLENT PECAN CREAM TORTE
(Good and easy)

11 oz. brown sugar (1½ c.)
9 oz. cake crumbs (1 c.)
3½ oz. shortening (½ c.)
1 oz. flour (2 Tbsp.)
¼ oz. baking powder (½ tsp.)

Cream preceding till smooth. Add 5 egg yolks and 1½ cups pecans (chopped fine). Mix till smooth. Whip 5 egg whites till soft peaks. Fold in. Makes two 9 inch layers. Bake at 350° till firm. *Do not overbake,* approximately 20 to 25 minutes. Cool layers and ice with whipped cream. Garnish with fine chopped pecans around edge.

Beverly K. Harter

TROPICAL TREAT

1 (8 oz.) can mandarin orange sections, chilled
1 (8 oz.) can pineapple tidbits
½ c. miniature marshmallows
1 pt. heavy cream, whipped

Drain the liquid from the orange sections and pineapple tidbits. Mix the fruit and marshmallows together in a large bowl. Add enough whipped cream to thickly cover the fruit. Gently mix the cream and the fruit together. Makes 4 to 6 servings.

Richard Marois

Candy, Jelly, Preserves

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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CANDY, JELLY, PRESERVES

HEAVENLY PEACH JAM

3 lb. peaches, mashed
3 lb. granulated sugar
2 oranges
1 c. chopped nuts
1 small bottle of cherries

Combine peaches and sugar. Let stand overnight. Next morning, add grated rind of one orange, and juice and pulp of 2 oranges. Cook together for 45 minutes. Add the cup of chopped nuts. Cook about 15 minutes longer. Remove from heat. Add cherries and juice. Do not cook after adding cherries. Pack and seal with wax.

Henrietta Grant

GINGERED RHUBARB MARMALADE

3 c. diced rhubarb
2 oranges
1 lemon
½ c. diced, candied ginger
6 c. sugar
1 pkg. Certo

Grate orange peels and lemon. Squeeze out juice and reserve. Combine fruit, ginger, juice, and sugar in large, non corrosive pot and bring to a full boil for 1 minute. (Pot should be no more than ⅓ full.) Remove pot from heat and stir in Certo. Skim off foam and discard it. Ladle marmalade into sterilized jelly jars, leaving ¼ inch head space and seal. Process in hot water bath for 5 minutes. Allow jars to set for 24 hours before storing. Yields 6½ pint jars.

Nancy Tyborowski

Notes

Beverages, Microwave, Misc.

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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WHISKEY PUNCH

1 qt. orange juice
2 ginger ale
1 can pineapple juice
Whiskey to your liking

Jackie Beauregard

HELPFUL HINT

When making a gelatin salad, bring water and gelatin to a boil together and then cool. Salad will hold up firmer for a longer period of time.

Gloria Buckett

WEEPLESS MERINGUE

2 Tbsp. corn starch
2 Tbsp. cold water
½ c. cold water
1 c. sugar
3 egg whites

Mix 2 tablespoons corn starch and 2 tablespoons cold water to make paste. Boil ½ cup water and add paste, plus 1 cup sugar. Beat three egg whites into this until thick.

Doris Harrington

SWEETENED CONDENSED MILK

½ c. butter flavored shortening
2 c. granulated sugar
2 c. powdered milk
1 c. boiling water

Place ingredients in a blender and process until smooth. Refrigerate in a covered container. Mixture will thicken as it stands. One cup plus 2 tablespoons equals the 15 ounce can that most recipes require. Makes 3 cups.

Doris Harrington

TURKEY STUFFING

¼ lb. margarine
5 stalks celery
5 onions, chopped
¼ pkg. saltines
Egg
Milk
Hard bread

In fry pan, simmer margarine, onions, and celery. Cook until celery is soft. In bowl, add ¼ package of saltines, egg, milk, and hard bread wet with water. Mix all together. Add the cooked onions and celery. Add more milk if needed. Stuff in turkey.

Ethel Davis

CHEEZ WHIZ

2 Tbsp. margarine
1½ lb. American cheese, cubed
2 egg yolks, beaten
13 oz. can evaporated milk
1 Tbsp. flour

In double boiler, over simmering water, melt butter or margarine; add cheese. When soft, beat in eggs, milk, and flour. Cook until thick. Keep stirring. Store in refrigerator. Use on crackers or over cooked macaroni or vegetables.

Doris Harrington

MICROWAVE PEANUT BRITTLE

1 c. sugar
½ c. white corn syrup
1 c. roasted salted peanuts
1 tsp. butter
1 tsp. vanilla
1 tsp. baking soda

Stir sugar and corn syrup together in ½ quart casserole. Microwave on HIGH 4 to 5 minutes, until light brown. Add butter and vanilla, blending well. Microwave on HIGH 1 to 2 minutes more. Peanuts will be brown and syrup very hot. Add baking soda. Gently stir until light and foamy. Quickly pour mixture onto lightly greased cookie sheet or ungreased non stick coated cookie sheet. Cool ½ to 1 hour. Break into small pieces and store in airtight container. Makes 1 pound.

Ginger Cookson

MICROWAVE CHOCOLATE SAUCE

6 oz. pkg. real chocolate chips
1 (1 oz.) sq. unsweetened chocolate
⅓ c. butter
2 c. powdered sugar
2 small (5 oz.) cans evaporated milk
1 tsp. vanilla

Place chocolate chips and unsweetened chocolate with butter in 1 quart glass bowl. Cover and microwave on HIGH 2 minutes or until melted. Stir in remaining ingredients. Beat until smooth. Cover and microwave on HIGH 7 to 9 minutes. Serve hot over vanilla ice cream, topped with nuts.

Doris Harrington

HADDOCK MICROWAVE

½ lb. haddock or cod fillets
2 Tbsp. parsley
½ tsp. each of pepper and garlic powder
3 lemon slices
2 Tbsp. margarine

Melt margarine in small bowl for 30 seconds. Add garlic powder and pepper. Microwave on MEDIUM HIGH for 10 seconds. Stir. Sprinkle parsley over fish. Pour margarine over it. Cover and cook on HIGH for 3 minutes. Top with lemon slices. Let stand uncovered, for 3 minutes.

Doris Harrington

MICROWAVE VEGETABLES

5 c. mixed vegetables, cut up
½ small onion, chopped or onion powder
1 Tbsp. vegetable oil

Mix vegetables, onion, and oil in casserole. Cover and microwave on full power for 8 minutes. Stir a few times. Season to taste. Makes 6 servings.

Carrots with onions, delicious; or zucchini with green pepper; tomato with onion, *great.*

Doris Harrington

ACORN SQUASH
(Microwave)

2 acorn squash
½ c. applesauce
2 Tbsp. brown sugar
1 Tbsp. butter
Sprinkle with cinnamon or nutmeg, if desired

Pierce each squash 3 or 4 times with fork. Place on paper towel in microwave. Microwave on HIGH for 10 to 13 minutes, turning once or twice. Cool until easy to handle. Cut squash in halves. Scoop out seeds. Place cut side up. Spoon applesauce into squash. Top with sugar and butter. Cook on HIGH 4 to 6 minutes. Makes 4 servings. Contains 150 calories each.

Doris Harrington

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Notes

Notes

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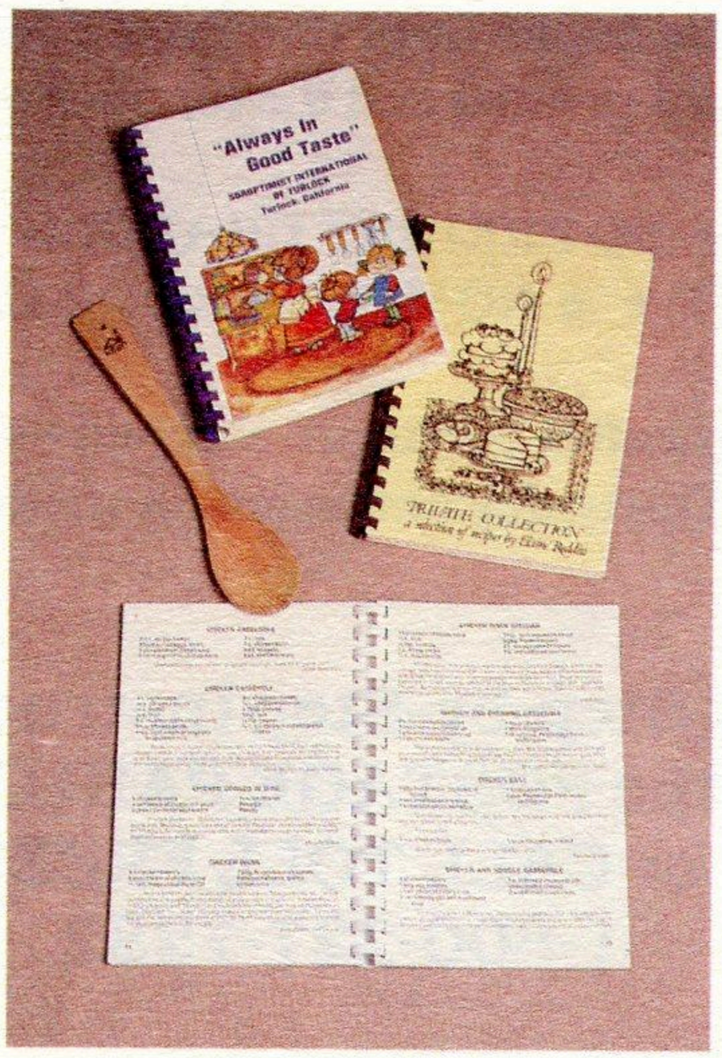

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